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TOLEDO PUBLIC SCHOOLS

Home Economics
Cook Book
for Elementary Grades

BOARD OF EDUCATION
TOLEDO, OHIO
1922

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PREFACE.

The recipes in this book have been compiled by the teachers of Domestic Science in the Department of Home Economics in the TOLEDO PUBLIC SCHOOLS.

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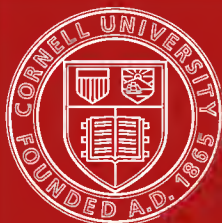
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INTRODUCTION

"Cookery as it is today, is the application of the arts and sciences to the preparation of food, primarily for the purposes of human nutrition, but for social and psychological aspects and purposes as well."

DEFINITION OF FOOD

"Food is anything which nourishes the body, that is, builds up tissue or yields energy or both, and regulates body processes."

COMPOSITION OF FOOD

Food is composed of the same elements as those which constitute the body. Foods contain some of the elements in the following list, but not all, but must have compounds of these elements.

Carbon	Sulphur	Sodium
Oxygen	Iron	Phosphorus
Hydrogen	Calcium	Magnesia
Nitrogen	Chlorin	

TABLE OF ABBREVIATIONS

tsp.teaspoon	spk.speck
tbsp.tablespoon	f. d.few drops
c.cup	pt.pint

EQUIVALENT MEASURES

4 saltspoons.....1 teaspoon	1 cup.....8 liquid ounces
3 tsp.....1 tablespoon	1 stand. measuring cup...½ pt.
16 tbsp.....1 cup	

TABLE OF MEASURES AND WEIGHTS

4 c. flour.....	1 lb.	2 $\frac{2}{3}$ c. powdered sugar...	1 lb.
2 c. solid butter.....	1 lb.	2 $\frac{2}{3}$ c. brown sugar.....	1 lb.
2 c. granulated sugar...	1 lb.	juice one lemon.....	3 tbsp.
3 c. cornmeal.....	1 lb.	1 whole egg....	about 4 tbsp.

MEASUREMENTS

All materials used in the recipes given in this book are to be measured level.

Level measurements are used: (1) So as to secure the exact amounts required by the recipe. (2) So that all materials will be in exact proportion to one another.

To measure a cupful of dry material, put the material in the cup with a spoon, being careful not to pack it, heap slightly and scrape off the extra material with the blunt edge of a case-knife.

Sift dry materials once before measuring.

To measure a spoonful, heap slightly and scrape off extra material with a knife as mentioned above.

To measure a half spoonful, level and divide in half by cutting through the middle lengthwise. A quarter spoonful is measured by first dividing in half and then cutting through the middle crosswise.

A speck is as much material as can be taken on the tip of a pointed knife.

"Butter melted" is butter measured before melting.

"Melted butter" is butter measured after melting.

METHODS OF COOKING

Cooking is the application of heat to food which changes the nature of the food and usually makes it more digestible and appetizing. It develops the flavor, and destroys the germs.

I—Cooking with moisture:

- (a) Boiling is cooking at a temperature of 212° F.
- (b) Simmering is cooking at a low temperature on top of the stove.
- (c) Steaming.
 - (a) Moist, as cooking by contact steam as in a steamer set over boiling water.
 - (b) Dry, as in a double-boiler.
- (d) Stewing; the food is put into boiling water then the temperature is reduced to the simmering point (about 180° F.).
- (e) Parboiling is to partially cook in boiling water.
- (f) Braising is a form of stewing in a covered dish in the oven.

II—Cooking without moisture:

- (a) Baking is cooking in an oven without moisture.
- (b) Broiling is cooking over open coals, or in a broiling oven.
- (c) Pan-broiling is cooking in a very hot frying pan without any fat, on top of the stove.
- (d) Frying is cooking in deep fat.
- (e) Sautéing is cooking in a small quantity of fat.
- (f) Roasting may be with moisture when a very little water is added, and the food is basted; or water may be omitted and the food is cooked in its own juices in a very hot oven.
- (g) Fricaseeing is a combination of sautéing and stewing.

METHOD OF COMBINING INGREDIENTS

Stirring: Hold the bowl flat on the table and the spoon so the bottom will scrape the bottom and sides of the bowl; stir round and round until you cannot tell one ingredient from the other.

Beating: Tip the bowl slightly, hold the spoon so the side will scrape the bottom and side of the bowl; bring the spoon up and continue until light and full of bubbles.

Folding: Bring the material from below gently over the ingredient added. Continue to cut and fold until thoroughly mixed but do not beat or stir.

Stir mixtures to make them *smooth*. *Beat* mixtures to make them *light*. *Cut* the stiff white of eggs into mixtures.

CLASSIFICATION OF FOODS

I—Carbohydrates: Produce fuel and energy.

(a) Starch is found in large amounts in cereals and flour, rice, macaroni, etc. In vegetables such as corn, potatoes, dry peas and dry beans, etc.

(b) Cellulose is the fibrous material holding the food elements of grain products, vegetables, and fruit in shape.

(c) Sugar is found in cane sugar, maple sugar, honey, milk, fruits, especially dates, raisins and prunes and some of the vegetables.

II—Fats: Produce fuel and energy.

Fat is found in cream, butter, vegetable oil, nuts, fat of meat, etc.

III—Proteins: Build and repair tissue.

Proteins are found in milk, cheese, eggs, meat, fish, dried peas and dried beans, nuts, etc.

IV—Mineral Matter: Builds tissue, bone and teeth, helps to control and regulate body processes, and keeps the blood in good condition.

It is found in vegetables, fruits, milk, eggs and whole grains.

V—Water functions in all of the body processes. It is present not only in food, but in every part of the body. It quenches thirst, helps circulation, aids digestion, regulates body temperature, stimulates the nervous system, and carries off waste.

VI—Vitamines: Promote growth.

Vitamines are found in milk, greens, fresh fruits especially oranges and lemons, tomatoes, whole cereals, leafy vegetables, etc.

CHAPTER I.

BEVERAGES

Tea and coffee are not foods, but are beverages. They have a stimulating effect upon the nerves. Children and young people who have not stopped growing should not drink either tea or coffee.

Tea is valued for its thein; coffee for its caffeine.

Both contain tannin, a bitter substance very injurious to the stomach. Boiling tea or letting tea stand longer than five minutes on the leaves or grounds will extract this tannin.

GENERAL RULES

Keep tea and coffee in tightly covered jars.

Scald the tea and coffee pots before using.

Use freshly boiling water in making tea and coffee.

Do not use tin-ware for making tea or coffee.

TEA

Scant $\frac{1}{2}$ tsp. tea

1 c. boiling water

Scald the tea pot, put in the tea, and pour over it, the freshly-drawn, boiling water. Steep from 3 to 5 minutes.

ICED TEA

1 to 2 tsp. tea

1 c. boiling water

Make as above. Strain into glasses $\frac{1}{3}$ full of cracked ice. The flavor is better if chilled quickly.

RUSSIAN TEA

Make tea by above recipe and serve with a slice of lemon and sugar. Lemon served with black tea is not a fad. There is a scientific reason beneath the surface. The citric acid of the fruit offsets the tannic acid of the tea rendering it refreshing and wholesome.

COFFEE

1 tbsp. coffee 1 c. water
 ½ tsp. egg white or crushed shell

COLD WATER COFFEE

Mix coffee, cold water and egg, heat slowly to the boiling point. Remove to the back of the stove and allow to settle. If cream is not available to serve with the coffee, use hot milk.

CHOCOLATE

Cocoa and chocolate are foods. *Chocolate contains fat.*

All preparations of cocoa or chocolate and cocoa shells are the products of the seeds of the cacao tree. These seeds, called cacao beans, which are about the size of almonds, lie surrounded by a fibrous pulp, in a brownish yellow pod about a foot long, growing from the trunk and large limbs of the tree instead of the branches.

The seeds are separated from the pods, allowed to ferment on the ground and then roasted. The thin shell is removed, the kernel cracked and broken into small pieces. These cocoa nibs are then ground, forming a smooth paste, which is poured into moulds for bitter chocolate and sweetened and moulded for sweet chocolate; for cocoa, the *fat extracted* under pressure and the remainder powdered.

CHOCOLATE

2 squares of Baker's chocolate 1 pt. water
 3 tbsp. sugar 1 pt. milk

Put chocolate with water into sauce pan. Heat until the chocolate melts. Add sugar and boil 10 minutes. Add milk, bring to a boil and beat 2 minutes with a Dover egg beater.

COCOA

Large recipe:

¼ c. cocoa
 ¼ c. sugar
 2 c. water
 2 c. milk

Small recipe:

½ tbsp. cocoa
 ½ tbsp. sugar
 ⅓ c. water
 ⅓ c. milk

Mix cocoa and sugar with boiling water and cook slowly directly over the fire from three to five minutes. Stir this into

scalded milk. Then cook in double boiler five minutes. Beat well just before serving.

FRUIT PUNCH

2 c. sugar	3 lemons
1 qt. water	1 orange
1 pineapple	

Place over the fire long enough to entirely dissolve the sugar in the water. Take from the fire. Add to the syrup the juice of three lemons, and the grated rind of one, the pulp and juice of the orange, the shredded pineapple and juice. Let the mixture stand until partly cooled, then strain through a coarse sieve, rubbing as much of the fruit through as possible. Then place where it will become perfectly cool. At serving time add one pint of ice-cold water, or cracked ice.

LEMONADE

Juice 2 lemons	1 c. sugar
4 cups water	Ice

Mix sugar and lemon juice. Add water and stir until dissolved.

MILK

Analysis of Milk Experiment:

EXP. 1. Drop milk or cream on a blotter or unvarnished wood. What kind of a spot does it make?

EXP. 2. Test milk with iodine. Is starch present?

EXP. 3. Boil some milk. Something rises to the top, what is it?

EXP. 4. Add an acid. What happens?

AVERAGE COMPOSITION OF MILK

Proteins (casein, small amount of albumen).....	3.3%
Carbohydrates (milk, sugar, or lactose).....	5.0%
Fat (cream)	4.0%
Mineral Matter (calcium, or lime, iron, and phosphorus)	0.7%
Water	87.0%
Vitamines	

Milk is the sole food for the young of many animals. For adults it is not a perfect food because the amount of water is too great.

The digestive organs need some bulky food to assist the action of the stomach and intestines. It may be safely said, that for those in ill health, no other single food is of so much value.

Casein is the most important protein of milk. It is coagulated by the action of acids, causing a solid curd to separate out from the liquid part called "whey."

Casein forms a clot in the stomach by the action of the rennin, which is secreted by the stomach, and it then digests as a solid food. The addition of lime water, or some cereal water, as barley water, tends to make the casein form a lighter and more digestible clot, hence they are often added to baby's food.

The sugar found in milk is lactose. It is less sweet and less soluble than cane sugar, also less subject to fermentation in the stomach. Because of the two last named qualities, there is less danger of direct irritation of the membrane in the stomach.

Milk turns sour because of an acid formed by bacteria acting upon the lactose. This acid is called lactic acid.

The coagulated casein or curd of sour milk is used in making cheese. The whey consists chiefly of water, having in it the sugar and mineral matter of the milk. The lime salts of milk are valuable for bone material.

The fat of milk is present in the form of minute globules, being the lightest part of milk, they rise to the top, forming a layer of cream. When shaken or churned these tiny globules stick together forming butter. The remaining milk is called butter-milk. Butter fat is a very palatable, easily digested form of fat. Both cream and butter furnish valuable vitamins.

Harmful bacteria grow very rapidly in milk. Therefore the utmost cleanliness should be observed in the handling, stirring and serving of milk.

CARE OF MILK

1. Before opening a milk bottle wipe it well to take off dust particles.

2. Milk should be kept in clean containers and in a sweet, clean, cool place as germs do not grow at a low temperature.

3. Always have the container covered not only to keep out dust and flies, but to prevent the milk from absorbing odors of any food near which it is placed.

4. As odors travel upward in a refrigerator, always keep the milk on the lowest shelf.

5. Milk is *pasteurized* by putting it in clean bottles and placing the bottles in a pan of cold water which is gradually heated to a temperature of 160 to 165 degrees Fahrenheit and then quickly cooled.

JUNKET

1 pt. milk

3 or 4 tsp. sugar

$\frac{1}{4}$ tsp. vanilla

One tbsp. liquid rennet or 1 junket tablet dissolved in 1 tbsp. water.

Heat milk in a double boiler until lukewarm. Add sugar and stir until dissolved. Stir in vanilla and rennet and pour into a dish. Let stand in a warm place undisturbed until it thickens, then set in a cool place until firm. Sprinkle with cinnamon or nutmeg, and serve with cream and sugar.

COTTAGE CHEESE

Heat slowly thick sour milk on the back of the stove or in a pan of hot water. As soon as the *curd* separates from the *whey*, strain through a cloth, allowing it to drip until rather dry. Put in a bowl and stir with a fork, adding salt, pepper and cream to taste.

CHAPTER II.

FRUITS

Fruit is a vegetable or plant. Fruit contains a large amount of water. Both fresh and dried fruits have good sugar values; they contain a small amount of mineral ash; almost no protein, and no fats.

The bulk of fruit is cellulose, which is a woody fiber and is most beneficial in the diet.

CLASSIFICATION OF FRUITS

1. Flavor fruits, which contain more than 80% water;—oranges, berries, melons, etc.
2. Food fruits, which contain less than 80% water;—as dates, raisins, bananas, etc.

USES OF FRUITS

1. Refreshing.
2. Stimulates the appetite.
3. Acts as a laxative.
4. Most fruits are digestible in the raw stage.
5. Gives variety to the diet.
6. Summer fruits and berries are essential in the diet because of their acid content. They supply some vitamins but are not so rich in them as are the citrus fruits, which are probably the best sources of that important element.

EFFECTS OF COOKING ON FRUITS

1. Soften the fiber or cellulose.
2. Destroys bacteria.
3. Cooks the starch.
4. Develops the flavor.

SELECTION OF FRUITS

1. Always select fruit in season.
2. Select clean and not over ripe fruit.
3. Dried fruit may be substituted for fresh fruit.

RULES TO BE OBSERVED IN COOKING DRIED FRUIT

1. Look over carefully.
2. Wash carefully.
3. Soak several hours in a large quantity of water, as dried fruit will swell or puff up.
4. Long soaking requires short cooking.
5. Cook the fruit in the water in which it was soaked, and cover while cooking to retain the flavor, and to keep the water from evaporating.
6. Simmer, do not let it boil.
7. Cook slowly to keep its shape.
8. Add flavoring when done.

STEWED PRUNES WITH LEMON

Wash prunes and soak over night or several hours in water to cover. Cook in same water until plump, add sugar and lemon. Cook 10 minutes longer.

BAKED APPLE

Wash and core sour apples, beginning at the blossom end. With a sharp pointed knife remove the stem. Score the apple near the top, by cutting a ring completely around the apple. Fill the cavity with sugar ($\frac{1}{2}$ tbsp. to the apple). A wedge of lemon may be placed in the top of the cavity. Nutmeg or cinnamon may be used in place of the lemon. When apples are at their best, do not use any flavoring. Place the apples in a baking dish, cover the bottom with boiling water, and bake in a hot oven until soft, basting often with the syrup in the dish. Test with a pointed knife. Serve hot or cold with the syrup, with or without cream.

FRIED APPLES

Pare, core and slice several apples; in a frying pan put 3 tbsp. butter and when melted add apples. Sprinkle $\frac{1}{4}$ c. sugar over them and cook slowly, taking care that they brown, but do not scorch. When tender and transparent remove from the fire and serve.

APPLE SAUCE

1 apple

 $\frac{1}{4}$ - $\frac{1}{2}$ c. water (boiling)

1 tbsp. sugar

Method 1—

Wash the apple, remove all imperfections, cut in quarters or eighths. Add the boiling water and cook until tender. Press through a strainer, discarding skins and seeds. Add the sugar and flavoring, (if any is used).

Method 2—

Wash, quarter, core and pare the apple. Add the boiling water and cook until tender. If a smooth sauce is desired beat or strain. Add the sugar. Reheat until the sugar dissolves.

Method 3—

Make a thin syrup using $\frac{1}{2}$ c. water and 2 tbsp. sugar. Wash, quarter, core and pare the apple, and add the slices of apple to the hot syrup. Cook until tender and transparent. Remove the slices, arranging them on the serving dish. Pour the syrup over the apples.

BAKED BANANAS

Remove skins from six bananas and cut in halves lengthwise, put in a shallow granite pan or an old platter. Mix 2 tbsp., melted butter, $\frac{1}{3}$ c. sugar, and 2 tbsp. lemon juice. Baste bananas with $\frac{1}{2}$ of the mixture. Bake 20 minutes in a slow oven, basting during baking with remaining mixture.

FRUIT COCKTAIL

Remove pulp from grapefruit. Combine with shredded pineapple, bananas, strawberries, using half as much pineapple as grapefruit. There should be two cups of fruit. Serve in cocktail glasses with a little fruit juice to which a very little powdered sugar has been added.

GRAPEFRUIT

Wipe the grapefruit and cut in halves crosswise, using a small sharp-pointed knife. Make a cut separating the pulp from the tough portion which divides the fruit into sections. Use

scissors and cut the tough portion at stem or blossom end close to the skin when all portions can be removed at once. A candied cherry in the center adds a touch of color.

ORANGES

1. Peel the orange and remove all the white skin and break sections, and with a sharp knife cut the pulp from the tough skin. Serve on a fruit plate in a wheel shape.
2. Wipe oranges and cut in halves cross-wise. With a sharp knife cut around each section so the pulp is loose and can be easily eaten with a spoon.
3. Remove peel from an orange in such a way that there remains a $\frac{1}{2}$ -inch band of peel equal distance from stem and blossom end. Cut band, separate sections, and arrange around a mould of sugar.

RHUBARB SAUCE

2 cups rhubarb 1 cup sugar
 $\frac{1}{2}$ cup water

Remove leaves from the rhubarb, wash the stalk, peel the flat side of the stalk and cut in 1 inch lengths. Put rhubarb in sauce-pan add water, and stew slowly until tender, stirring often at first.

Add sugar and cook until sugar is dissolved.

CRANBERRY SAUCE

2 cups cranberries 1 cup sugar
 $\frac{3}{4}$ cup cold water

Pick over and wash cranberries, put into a granite sauce-pan. Sprinkle the sugar over them, add the water. After they begin to boil, cook slowly 10 minutes, closely covered, without stirring.

For jelly strain the fruit before sugar is added and boil until it jellies.

If the cranberries are allowed to stand in boiling water for a few minutes and then drained, much of the strong acid will be removed and the berries will require less sugar.

Always use a granite pan and wooden spoon when cooking cranberries.

CHAPTER III.

GENERAL METHOD OF COOKING CEREALS

UTENSILS—DOUBLE-BOILER

Usual proportions:—

$\frac{1}{2}$ c. flakes
 $\frac{1}{4}$ c. granular

} to 1 c. boiling water and $\frac{1}{4}$ tsp. salt.

The denser the cereal, the more water and the longer time required for cooking cereals.

Bring water to the boiling point in the upper part of the double-boiler, place directly over the fire, add the salt. Shake the cereal slowly into the boiling water, stirring constantly. Let the boiling continue till the mixture begins to thicken. Place over boiling water in the lower part of the boiler, cover and cook gently with little stirring 1 hr. or more, or till tender and soft. Or put in a fireless cooker for 3 hrs. Serve hot, with or without sugar, with milk, cream or butter.

TABLE FOR COOKING CEREALS

KIND	QUANTITY	WATER	TIME
Rolled Oats	1 cup	2 cups	30 min.
Rice (steamed)	1 cup	3 cups	1 hr.
Corn-meal	1 cup	3½ cups	2 hr.
Cracked-wheat	1 cup	4 cups	4 hr.
Cream of Wheat	1 cup	4 cups	30 min.

Fine granular cereals should be mixed with cold water first to prevent lumping.

Cereals must be thoroughly cooked to be digestible. Boiling temperature softens the woody fiber or cellulose.

LEFT-OVER CEREALS

Cereals may be served either hot or cold; never throw cold cereal away as it may be used in a number of ways

It may be:

1. Added to fresh-cooked cereals.
2. Molded with fruit.
3. Used in making pancakes, muffins and puddings.
4. Fried until brown.
5. Made into polenta.
6. Added to soup.
7. Mixed with croquettes.

FRIED MUSH

Pack cereal in a greased baking powder can or small bread pan. When cold remove from mold, slice and sauté in hot fat.

CEREALS

Cereals are the seeds of cultivated grains or grasses. Nature provides some kind of cereals in almost every country, from the wheat and oats of the Northern countries to the rice of the Southern countries.

Kinds of Cereals:—

Wheat, oats, corn, rye, barley, rice, buckwheat. From these are prepared the various breakfast foods, and flours.

Cereals may be purchased in the following forms:

Flakes—as rolled oats. Granular—as hominy grits.

Finely ground—as corn-meal. Whole—as rice.

Cereal foods also include all meals and flours used in making bread, crackers, muffins, cakes, pastry and macaroni. As a rule the more cereal food used, the cheaper the diet.

COMPOSITION

They are about 75% starch and cellulose; the other 25% is water, protein, mineral matter, and fat. The whole grains are especially valuable for their mineral and vitamin content.

Cereals are valued as heat and energy-producing foods, because of the large amount of carbohydrate which they contain.

Starch is a form of carbohydrate that is present in many grains, fruits and vegetables.

It is a fine white powder, each grain of which is covered with a tough covering of cellulose.

If a little starch is put into cold water, it sinks to the bottom of the pan unchanged.

Demonstrate.

If put into hot water and boiled this cellulose covering bursts and the starch comes out into the water and thickens it.

Demonstrate.

Starchy foods must, therefore, be thoroughly cooked in order to break open the starch cells.

Cellulose is not digestible, but its bulk is valuable since it aids in the proper movement of food through the digestive tract.

Starch is valued as a food because it supplies *heat* and *energy* to the body and forms *fat*.

CHAPTER IV.

EGGS

Always wash eggs before using.

Eggs are fresh if they sink to the bottom of a pan of water; stale eggs will rise in the water.

Keep eggs in a cool place.

Crushed egg shells put into cold water may be used for clearing coffee.

The yolk of an egg may be kept from hardening by covering with water.

Eggs must always be cooked at low temperature, not above the simmering point of water (180 degrees F.).

TO BREAK AN EGG

Hold the egg in the right hand, strike near the center on a hard surface, or hold the egg in the left hand and strike sharply near the center with a knife. Put the thumbs together at the cracked shell and break the shell apart carefully.

TO SEPARATE AN EGG

Slip the yolk from one piece of shell to the other several times allowing the white to slip from the shell into a dish. Put the yolk into a bowl.

BEATING EGGS

Slightly beaten—the white and yolk are thoroughly blended, so a spoonful can be taken up.

Well beaten yolks—very thick and lemon colored.

Well beaten whites—the whites are beaten dry when they do not slip from the plate when turned upside down.

SOFT COOKED EGGS

Have ready a sauce pan containing boiling water. Carefully put the eggs in the water with a spoon, using the number desired, covering them with water. Remove the saucepan to the back of the range, where the water will not boil. Cook from five to eight minutes.

HARD COOKED EGGS

Cook eggs from 40 to 45 minutes at the simmering temperature. If hard cooked eggs are to be used for other dishes, when taken from the hot water they should be plunged into cold water to prevent, if possible, discoloration of yolks.

POACHED EGGS

Break fresh eggs into a small dish and slip them into a poacher or shallow pan, nearly full of boiling, salted water. Cover the pan and stand it where the water will stay hot, but not boil. The steam will help to form a white film over the top of the eggs. When the white is firm, remove the eggs carefully to pieces of buttered toast arranged on a hot platter.

SHIRRED EGGS

Butter individual baking dishes. Break one egg into each. Cover with buttered crumbs and bake in a moderate oven until the consistency desired. Remember the eggs will continue to cook in the dish after it is removed from the oven.

CREAMED EGGS

Cook eggs until hard and mealy. For three eggs make one cup of white sauce. They may be served on slices of hot buttered toast.

CREAMY OMELET

4 tbsp. butter	1 c. milk
4 tbsp. flour	4 eggs.
½ tsp. salt.	

Make a thick white sauce cool slightly. Separate the yolks and whites of the eggs. Beat yolks until creamy; add to the white sauce. Beat the whites until stiff and fold into the mixture. Pour into a heated, buttered frying pan, spread evenly and allow to cook slowly until firm.

OMELETS

General rule for omelet. Allow one egg for each person and one tbsp. of milk or water for each egg.

PLAIN OMELET

3 eggs	spk. pepper
$\frac{1}{4}$ tsp. salt	3 tbsp. milk or hot water

Beat eggs till well mixed, add salt, pepper and liquid. Put 1 tsp. butter or nice drippings in a smooth frying pan, shake it over the fire until melted, then turn in the mixture. Shake occasionally to see that the omelet does not stick. Cook till the underside is brown. Fold and serve at once.

BEATEN OMELET

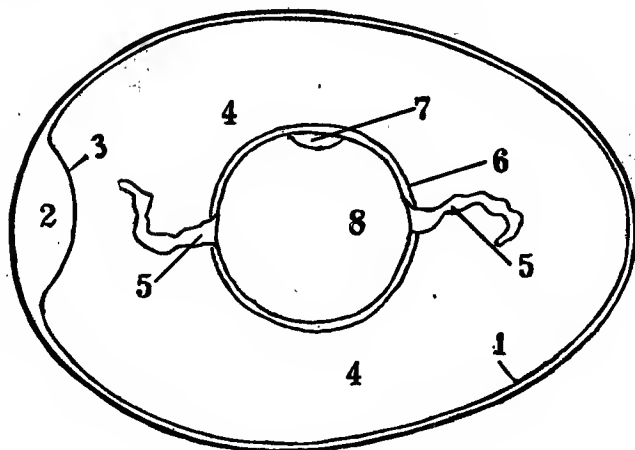
3 eggs beaten separately	$\frac{1}{8}$ tsp. salt
3 tbsp. milk or water	Pepper

Beat the yolk till very light. Add milk and seasoning, then beaten whites. Heat 1 tsp. butter in a frying pan, pour in the omelet and spread evenly. Cook slowly till brown on the bottom. Set in the oven to dry on top, fold and serve at once.

LIST OF OMELETS

Ham or Bacon	Orange
Cheese	Apple
Bread	Jelly
Spanish	Jam

Diagram showing the section of an egg:—



1—Shell
2—Air Space

3—Membrane
4—White of Egg

5—Twisted Cords
6—Membranes
Around Yolk

7—Germ
8—Yolk

HOME PRESERVATION OF EGGS

As a matter of safety as well as economy, it is very desirable for the household to obtain a surplus of eggs during the season when they are of good quality, plentiful and cheap, for preserving for winter use. The best methods of preserving are water-glass, lime-water and salt-brine. The water-glass gives the best results, because of the chalky taste that can be detected in eggs preserved in lime-water and salt-brine.

WATER-GLASS SOLUTION

The commercial water-glass solution may be obtained from any drug store.

Mix one part of the solution with 10 to 15 parts of boiled water, according to the strength of the water-glass. Stir the mixture until the ingredients are thoroughly mixed. A large stone jar is the most suitable vessel to use. After the water glass is thoroughly mixed, pour it into the jar, be sure the jar is absolutely clean. Place the eggs in the water-glass, having at least two inches of the mixture above the top row of eggs. Cover the

jar to prevent evaporation; set the jars in a cool place where they will be undisturbed during the year. Rinse the eggs with water, after removing them from the preservative.

SUGGESTIONS

Preserve only absolutely fresh eggs; stale eggs will not keep in any preservative.

Do not preserve eggs that are not clean, or eggs that have been washed. Washed eggs will not keep so well, and soiled eggs will become tainted in flavor.

Eggs laid in April, May or October keep the best.

CHAPTER V.

SOUPS

Soups should be generally used in every household as they are economical, nourishing and easy to prepare. Much good food that might otherwise be thrown away may be used in making soups. Vegetables too old and tough for table use and many left-overs may be used.

Many soups contain all the food elements, and with the addition of bread and butter, or sandwiches, and if desired a dessert, make a complete meal. They make excellent luncheon dishes. Clear soups are also served at the beginning of a meal as an appetizer.

Crackers or croutons made from stale bread are usually served with soups.

Soups may be made either with milk or meat stock as their foundation.

CREAM SOUPS

Soups made with milk are called cream soups. They are a combination of milk and vegetable pulp, thickened to the consistency of cream. Some flour is necessary to prevent the vegetable pulp and milk from separating. The thickening of soups is called binding.

Cream soups are excellent for small children, especially if they object to drinking milk.

GENERAL DIRECTIONS FOR CREAM SOUPS

Any cream soup may be made by following these directions:

Cook the vegetables in water till soft; press through a strainer. Make a thin white sauce and add the vegetable pulp to it. Bring it to a boil and season. Serve at once. Do not combine vegetable pulp and white sauce until ready to serve. *Always add the vegetable pulp to the white sauce.*

If the vegetable pulp is watery it will be necessary to use more flour.

The water in which mild flavored vegetables have cooked may form part of the liquid for the white sauce, as it contains

the mineral salts, and other food elements which escaped during the process of cooking.

GENERAL PROPORTIONS FOR CREAM SOUPS

1 qt. milk	1 tsp. salt
1 to 4 tbsp. flour	2 tbsp. butter
1 to 2 cups vegetable pulp	pepper to taste

CREAM OF CELERY SOUP

2 or 3 c. celery	3 tbsp. butter
1 pt. boiling water	4 tbsp. flour
2½ c. milk	1 tsp. salt
1 slice onion	spk. of pepper

Wash and scrape the celery, cut in inch pieces, cook in boiling water till soft. Press through a strainer. Scald milk and onion, remove the onion, if desired, and make a white sauce of the milk, and remaining ingredients. Add the celery, reheat and serve. Outer and old stalks of celery, also the leaves may be used for soups.

CREAM OF CORN SOUP

1 can corn	2 tbsp. butter
1 pt. boiling water	2 tbsp. flour
1 pt. milk	1 tsp. salt
1 slice onion	¼ tsp. pepper

Cook corn in boiling water 20 min. Strain. Scald milk with the onion, remove onion and add strained corn juice. Thicken with the butter and flour and season.

CREAM OF PEA SOUP

1 can peas	2 tbsp. flour
1 pt. boiling water	2 tbsp. butter
1 pt. milk	1 tsp. salt
1 slice onion	spk. of pepper
½ tsp. sugar	

Drain peas from liquor, rinse in cold water, add boiling water, and simmer until peas are soft. Press through a strainer.

Scald the milk and onion together. Make a white sauce of

milk and remaining ingredients. Add the pulp and water. Re-heat and serve.

CREAM OF TOMATO SOUP

1 qt. can tomatoes	1 qt. milk
$\frac{1}{8}$ tsp. soda	1 tsp. salt
3 tbsp. butter	$\frac{1}{8}$ tsp. pepper
6 tbsp. flour	

Stew tomatoes till soft, strain and add the soda. Melt butter in double boiler, add flour, and when smooth, add the milk gradually. Cook 10 minutes. Add seasoning and hot strained tomatoes last. Serve at once. If the soup should curdle, beat it with a Dover egg beater.

OYSTER SOUP

1 qt. milk	$\frac{1}{2}$ pt. oysters
2 tsp. salt	2 tbsp. butter
Pepper to taste	

Clean the oysters. Heat the milk. Boil and skim the oyster liquor till clear, and add to the milk. Add oysters, and cook till the edges curl and the oysters are plump, but do not boil. Add butter and seasoning and serve at once. If the soup has to stand before being served, make the soup, but do not add the oysters until just a few minutes before serving.

TO CLEAN OYSTERS

Place oysters in a strainer over a pan or bowl. Pour over them 1 c. of cold water for each quart of oysters. Pass the fingers over each oyster to remove bits of shell and sea weed. Do not throw away the liquor drained off as it may be boiled, skimmed, and used in making oyster soup.

POTATO CHOWDER

6 potatoes cut in cubes	1 pt. water
$\frac{1}{4}$ lb. salt pork, diced	1 tsp. salt-pepper
2 tbsp. onion chopped	1 pt. milk

Cook pork and onion together until a delicate brown. Add the water and potatoes. Cook until potatoes are tender, but not

mashed. Add milk and thicken with 1 tbsp. flour, wet in cold water. Season. Serve hot.

CREAM OF POTATO SOUP

1 slice onion	2 tbsp. butter
1 stalk celery	1 tbsp. flour
1 pt. milk	$\frac{1}{2}$ tsp. salt
$\frac{1}{2}$ c. mashed potatoes	$\frac{1}{2}$ tsp. celery salt
1 tsp. chopped parsley	

Cook onion and celery with the milk in double boiler or stew pan 15 minutes and add mashed potatoes. Rub through a strainer. Melt butter in double boiler, add flour, and when smooth, the milk which has been strained. Season, cook about 5 minutes and serve. Add chopped parsley just before serving.

VEGETABLE SOUP WITHOUT STOCK

1 slice ($\frac{1}{4}$ lb.) salt pork diced	$\frac{1}{4}$ c. rice
$\frac{1}{2}$ c. chopped onions	3 qts. water
1 c. chopped carrot	2 tsp. salt
$\frac{1}{2}$ c. chopped turnip	2 c. diced potatoes
1 stalk celery, chopped	1 pt. tomatoes

Brown salt pork and onions lightly, add carrot, turnip, celery, rice, water and salt. Cook until vegetables are tender. Add potatoes and tomatoes. Cook until potatoes are tender, then season to taste. Noodles may be added with the potatoes.

VEGETABLE SOUP WITH STOCK

1 qt. stock	$\frac{1}{2}$ c. celery
1 pt. boiling water	1 tbsp. rice
$\frac{1}{2}$ c. carrot	$\frac{1}{2}$ c. tomatoes
$\frac{1}{2}$ c. turnip	$\frac{1}{2}$ c. potatoes
$\frac{1}{8}$ c. onion	$\frac{1}{4}$ c. corn

Cut vegetables into uniform pieces. Boil carrot, turnip, rice, onion and celery in water 20 minutes. Add other vegetables and cook until tender. Add stock and salt and pepper to taste. Boil

up once and serve. Rice, barley or macaroni may also be added with the vegetables.

If stock is not used, cut 2 lbs. of meat in small pieces and put 2 qts. cold water on it, add spice and cook 5 or 6 hours. Strain, add vegetables and cook $\frac{1}{2}$ hour and serve.

CROUTONS

Cut stale bread into one-half inch slice, remove crusts, and cut bread into one-half inch cubes. Brown in a hot oven and serve with soup.

CHEESE STICKS

Cut bread in slices, spread thinly with butter. Cut in inch strips, sprinkle with grated or sliced cheese and bake till a delicate brown.

CHAPTER VI.

SAUCES

TABLE FOR MAKING SAUCES

Ingredients	Liquid	Thickening	Fat	Use
Proportions	1 c.	1 tbsp.	1 tbsp.	Cream soup
	1 c.	2 tbsp.	2 tbsp.	Creamed meats
				Creamed vegetables
				Scalloped dishes
	1 c.	3 tbsp.	3 tbsp.	Souffles
	1 c.	4 tbsp.	4 tbsp.	Croquettes

WHITE SAUCE

White sauces are made from flour, butter, milk and seasoning. There are four classes of white sauces: *thin*, *medium*, *thick*, and *very thick*. The difference between them is the amount of flour and fat they contain.

Each ingredient has a purpose in the sauce:—

1. Flour Thickening
2. Butter Smoothness, Richness
3. Milk Quantity, Liquid
4. Seasoning Flavor

In combining flour or corn starch with hot liquid, mix it first with a little cold water, sugar or fat to separate the grains, then add hot liquid. This will prevent lumping, since the heat will break all the grains open at the same time. When only a part of the grains burst open, they stick to the other grains and so make lumps.

But more than this, the grains inside of the lumps are prevented from breaking open and are not cooked, and therefore not digestible. For the same reason, they must be stirred while cooking to prevent lumping.

There are three methods of combining white sauces:

1. Melt butter in double boiler or sauce pan, add flour, stir to smooth paste, add milk slowly and stir constantly until it begins to thicken. Add seasoning.

2. Make a paste with flour and butter in a cup, have milk heating in a double boiler, add the hot milk to the paste slowly, stirring constantly. Put the mixture into the boiler and cook until thickened. Add seasoning. Test.

3. Mix the flour with cold water until smooth, add hot milk slowly, then the butter, cook altogether in a double boiler until smooth. Add seasoning.

BROWN SAUCES

For brown sauces, butter should be stirred until well browned, flour added and stirred with the butter until both are browned, before the liquid is added. Milk, water, stock or strained tomato may be used as the liquid of a sauce. Seasonings may be added to taste.

BROWN SAUCE

2 tbsp. butter	1 tbsp. chopped pepper
3 tbsp. flour	$\frac{1}{4}$ tsp. salt
$\frac{1}{2}$ slice onion	$\frac{1}{8}$ tsp. pepper
1 c. stock	

Cook onion in butter until slightly browned, remove the onion and stir butter constantly until well browned; add flour mixed with seasoning, and brown these, then add stock gradually.

CHEESE SAUCE

Make a medium thick white sauce with 2 tbsp. butter, 2 tbsp. flour; 1 c. milk and seasoning. Add $\frac{1}{3}$ c. grated or sliced cheese. Stir till melted and pour over rice balls.

DRAWN BUTTER SAUCE

$\frac{1}{3}$ c. butter	$1\frac{1}{2}$ c. hot water
3 tbsp. flour	$\frac{1}{2}$ tsp. salt
$\frac{1}{8}$ tsp. pepper	

Melt one-half of the butter, add flour with seasoning, pour on gradually the hot water. Boil five minutes and add remaining butter.

EGG SAUCE

To drawn butter sauce add two hard cooked eggs, cut in $\frac{1}{4}$ -inch slices.

HOLLANDAISE SAUCE

$\frac{1}{2}$ c. butter	$\frac{1}{2}$ c. boiling water
Yolks of 2 to 4 eggs	Juice of $\frac{1}{2}$ lemon
Few grains cayenne pepper	$\frac{1}{4}$ tsp. salt

Cream the butter, add yolk of eggs one at a time, thoroughly beating them into the butter; add salt, cayenne and water and cook in a double-boiler, stirring constantly. When thick add lemon juice and remove from the fire. The number of yolks used depends upon the consistency desired in the sauce. Lift the upper part of the boiler from the water from time to time to prevent the sauce from curdling, caused by over-cooking.

MOCK HOLLANDAISE SAUCE

$1\frac{1}{2}$ tbsp. butter	1 egg
$1\frac{1}{2}$ tbsp. flour	1 c. milk
$\frac{1}{2}$ lemon	1 tsp. salt

Make the same as white sauce, adding unbeaten egg just before taking from the fire, and stirring until well thickened. Add the lemon juice before serving.

MAITRE D'HOTEL BUTTER

Cream together 3 tablespoons butter, a little pepper, and $\frac{1}{2}$ tbsp. chopped parsley then add drop by drop $\frac{1}{2}$ tbsp. lemon juice.

SAUCE TARTARE

$\frac{1}{2}$ c. Mayonnaise dressing	1 tsp. chopped pickle
1 tsp. parsley, washed and chopped	1 tsp. chopped olives

Mix parsley, pickle and olives; add them to the Mayonnaise dressing.

MOCK SAUCE TARTARE

Substitute $\frac{1}{2}$ c. cooked salad dressing for the Mayonnaise dressing in the above recipe.

TOMATO SAUCE

2 c. tomatoes	2 tbsp. flour
$\frac{1}{2}$ c. water	$\frac{1}{2}$ tsp. salt
1 tbsp. minced onion	Pepper
$\frac{1}{2}$ bay leaf	$\frac{1}{4}$ tsp. sugar
2 tbsp. butter	

Cook tomatoes, sugar, water, onion and bay leaf 10 min. Strain. Melt butter, stir in flour, then the strained tomato and thicken like a white sauce. Season.

CHAPTER VII.

VEGETABLES

Vegetables are an essential food because through them the body is supplied with three most important health and strength elements, *cellulose*, *mineral salts* and *vitamines*.

Classification according to composition:—

Vegetables containing a high per cent of protein;—

- | | |
|----------------|------------|
| 1. Dried peas | 3. Lentils |
| 2. Dried beans | 4. Peanuts |

Vegetables containing a high per cent of carbohydrates;—

- | | |
|-------------------|------------|
| 1. White potatoes | 6. Corn |
| 2. Sweet potatoes | 7. Beets |
| 3. Lima beans | 8. Carrots |
| 4. Parsnips | 9. Turnips |
| 5. Peas | 10. Onions |

Watery vegetables are rich in vitamins, and mineral salts, especially Calcium, Phosphorus, and Iron;—

- | | |
|--------------|---------------|
| 1. Cabbage | 6. Dandelions |
| 2. Asparagus | 7. Lettuce |
| 3. Celery | 8. Rhubarb |
| 4. Chard | 9. Spinach |
| 5. Cucumber | 10. Turnips |

GENERAL RULES FOR PREPARING AND COOKING VEGETABLES:—

Wash thoroughly, pare, peel or scrape, according to the vegetable. Let stand in cold water until they are to be cooked, to keep them crisp and from becoming discolored.

1. Cook all fresh vegetables in boiling salted water.
2. Cook strong-flavored vegetables in a large amount of water, in an uncovered vessel,
 - (a) to retain the color and texture,
 - (b) to allow the strong odor to pass off in the steam, thus prevent its being re-absorbed by the vegetables.

3. Cook all mild-flavored vegetables in just enough water to cover.
4. Many vegetables are served uncooked in the form of salads.

TIME TABLE FOR COOKING VEGETABLES

(Note:—Count from the time the water begins to boil.)

VEGETABLE	TIME
Asparagus	20 to 30 min.
Beans (string)	60 min.
Beans (shelled)	1 to 1½ hours
Beets	1 to 4 hours
Brussels sprouts	20 to 30 min.
Cabbage	30 min.
Carrots	20 to 45 min.
Cauliflower	20 min.
Celery	½ hour
Corn	10 min.
Greens (Spinach)	20 to 30 min.
Onions	30 to 60 min.
Parsnips	30 to 45 min.
Oyster Plant	45 to 60 min.
Peas	20 to 30 min.
Potatoes (white)	30 to 45 min.
Potatoes (sweet)	30 to 45 min.
Squash (winter)	30 to 45 min.
Tomatoes	15 to 20 min.
Turnips	30 to 45 min.
Kohl-rabi	30 min.

CREAMED AND ESCALLOPED VEGETABLES

Creamed vegetables:—

Wash and pare or scrape such vegetables as carrots, white turnips, celery, or potatoes. Cut into one-half inch cubes or slices and boil in salted water until tender. Drain, add white sauce and serve hot.

For escalloped vegetables, put alternate layers of vegetables and white sauce in buttered baking dish, sprinkle with buttered

crumbs, and bake in oven until heated through, and browned. Use one-half as much white sauce as the amount of vegetables.

TO BUTTER CRUMBS

1 tbsp. butter to 1 c. crumbs. Melt butter, add crumbs and stir lightly with a fork until all crumbs are evenly coated.

POTATOES

Average composition:—

Edible portion:—Water 78%; Protein 2%; Starch 18%;
Ash 1%.

BAKED POTATOES

Choose those of equal size scrub them with a brush, and put them in a hot oven to bake from 30 to 40 minutes or until soft. When baked crack open the skin to allow the steam to escape. The skins should be plump (not shriveled), and the inside white and mealy.

BOILED POTATOES

Wash, pare if imperfect or old; if not uniform in size, divide the larger ones. Put in boiling salted water and cook for 20 to 30 minutes, or until tender. As soon as cooked, drain off the water, and shake the uncovered kettle to let the steam escape.

RICED POTATOES

Put the boiled potatoes through the strainer or ricer into a hot dish from which they are to be served.

MASHED POTATOES

Mash the potatoes in the kettle in which they are boiled, add salt, butter and milk. Beat till white and creamy, pile lightly on a warm dish.

STUFFED POTATOES

1 potato

$\frac{1}{2}$ tsp. butter

1 tbsp. milk

salt and pepper

Bake potato, cut a slice from the end, or cut in halves lengthwise and scoop out the inside. Mash and add seasoning; beat

until light. Refill the skins with this mixture, dot with butter, and set in a hot oven about 10 min. Chopped meat, grated cheese or parsely may be added for variety. When cut length-wise they are sometimes called "Potatoes on the half-shell," or "Canoes."

POTATO CAKES

Shape cold, mashed potatoes in small cakes, about $\frac{1}{2}$ inch thick and roll in flour. Grease a hot frying pan, put in the cakes, brown one side, adding fat as is needed to prevent burning, turn and brown on the other side.

FRENCH FRIED POTATOES

Wash and pare potatoes, cut in eighths lengthwise, and soak a few minutes in cold water. Take from the water, dry between towels, and fry in deep fat. Drain on brown paper and sprinkle with salt. For deep fat frying, see page 63.

ESCALLOPED POTATOES

Pare five or six potatoes and cut in thin slices; place these in a buttered baking dish in layers; sprinkle the layers with salt and pepper, onion juice, if desired, and finely chopped parsely, dredge with flour and add a few bits of butter. Pour just enough hot milk over the potatoes to cover them and bake in a moderate oven about an hour and a half. Cold boiled potatoes may be used, when only one-half the time is allowed for cooking, and less milk is required.

BAKED SWEET POTATOES

Prepare and bake the same as white potatoes.

CANDIED SWEET POTATOES

Wash, pare and parboil five medium-sized sweet potatoes. Drain, cut into lengthwise slices about $\frac{1}{2}$ inch thick and lay in a baking dish. Spread thickly with a syrup made from $\frac{1}{4}$ c. butter, $\frac{1}{2}$ c. brown sugar and $\frac{1}{4}$ c. hot water. Bake until tender, basting frequently with the syrup in the pan.

ASPARAGUS ON TOAST

Cut off the woody part and scrape the lower part of the stalks.

Wash well and tie in bunches. Stand on end in a tall sauce-pan. Add boiling water, sufficient to come up to the heads of the stalks. Cook until tender. Arrange the bunches on dainty slices of buttered toast. Season with butter and salt or add a thin white sauce.

BEETS

Wash and cook whole until tender; leave on two or three inches of the top and do not pierce with a fork, (to keep the color). Put in cold water, pare, slice, reheat and add seasoning and butter, or they may be served cold in vinegar.

CAULIFLOWER

Remove leaves, cut off stalks, and soak thirty minutes in cold water to cover. Cook until tender, in boiling salted water, drain, serve whole, or separate flowers. Serve with butter, Hollandaise or white sauce.

CORN ON THE COB

Carefully remove the husks and all of the silk from the corn. Cover with boiling unsalted water, and cook 10 min. or until tender. If salt is added to the water, the corn turns a deep yellow color.

FRESH PEAS

Remove the pods as soon as possible after picking. Wash. Use only enough boiling water to cover, and cook in an uncovered kettle about 20 minutes. Do not pour off the water, add salt, butter, milk or cream.

SPINACH

Remove roots, carefully pick over, discarding wilted leaves, and wash in several waters, to be sure that it is free from all sand. When young and tender, put in a saucepan, allow to heat gradually, and cook until tender, in its own juice; (extra water is not needed). Old spinach is better cooked in boiling salted water, allowing 2 qts. of water to one peck of spinach. Drain thoroughly, and season with butter, salt and pepper.

TOMATOES

Plunge into boiling water to loosen the skin, drain, and peel, cut into pieces, add a small onion and cook over moderate heat. A long, slow cooking improves the flavor. Just before removing from the stove, add butter and seasoning. They may be thickened with bread or cracker crumbs, or sweetened with sugar.

ESCALLOPED EGG PLANT

Peel and slice a medium-sized egg plant. Soak at least 1 hour in acidulated water (1 tsp. salt, 2 tbsp. vinegar to 1 qt. water).

Mince two medium-sized onions. Cook lightly in 4 tbsp. drippings, or in butter. Put egg plant and onions in a buttered baking dish in alternate layers, seasoning each layer with salt and pepper. Pour over 1 pt. tomatoes. Cover top with buttered crumbs. Bake slowly about 1 hr. or until tender.

CHAPTER VIII.

MEAT

Meat should immediately be removed from the paper in which it was wrapped. Trim, and wipe with a damp cloth. Never wash meat by letting it stand in water, as this will draw out the juice.

Meat should be covered and kept in a cool place.

Only tender cuts of meat should be broiled, pan-broiled, or roasted. First, sear the surface, then reduce the temperature as prolonged, intense heat hardens the protein.

After the meat has been seared never pierce it with a fork, as this allows the juice to escape.

For roasting, the oven should be very hot at first, then reduce the temperature.

Tough cuts of meat require long slow cooking with moist heat. There are three methods of cooking meat with moisture:

1. To retain the juice.
2. To extract the juice.
3. To extract part and to retain part of the juice.

1. To retain the juice, as in pot roast, the meat is left whole, seared, then a small quantity of boiling water added. Cook below the boiling point for several hours.

2. To extract the juice as in making soup, cut the meat in small pieces, exposing as large a surface as possible and soak in cold water one-half hour or longer. Cook below boiling point.

3. To extract some of the juice in the broth and retain the rest in the meat, as in making a stew, cut the meat in pieces, sear, and cover with boiling water, and cook slowly.

TIME TABLE FOR COOKING MEATS

Roast Beef (rare)	15 min. to the lb.
Roast Beef (well done)	20 min. to the lb.
Roast Pork	30 min. to the lb.
Roast Veal	30 min. to the lb.
Mutton Leg	10 to 12 min. to the lb.
Roast Chicken	20 to 30 min. to the lb.

Turkeys (10 lbs.).....	3 hrs.
Fish, long and thin (6 to 8 lbs.).....	1 hr.
Fish, thick (6 to 8 lbs.).....	1½ to 2 hrs.

STOCK

6 lbs. shin of beef	2 sprigs of parsley
3 qts. cold water	carrots
½ tsp. peppercorns	turnips
6 cloves	onion
½ bayleaf	celery
1 tbsp. salt	

½ c. each cut in dice

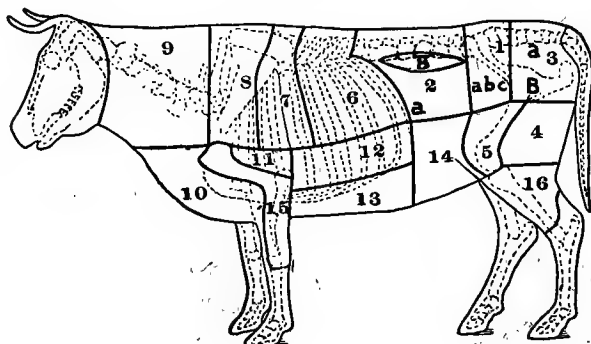
Wipe beef, and cut the lean meat in inch cubes. Use the marrow from the bone in which to brown ⅓ of the meat. Put remaining ⅔ of the meat and bone and fat in the soup kettle, add water, and let stand for 30 min., add browned meat, and heat gradually to the boiling point. As scum rises it should be removed. Cover and cook slowly six hours, keeping below the boiling point. During cooking add the vegetables and seasonings, cook one and one-half hours. Stand and cool as quickly as possible.

BEEF

Beef is the meat from steer, ox, or cow. It is the most nutritious of meats and is the most used. Beef is best when taken from an animal about four years old. Young meat, while tender and easily masticated, is very apt to lack the flavor of more mature animals. The flavor of beef depends largely upon the age, the breed, its food, the condition of the animal at the time of slaughter, and the manner and the length of time it is kept. Meat which is allowed to hang and "ripen" develops added flavors.

Good beef is firm, when first cut, purplish red in color, turning to a bright red upon exposure to the air. When tender, it is fine grained. The fat is a cream or straw color.

BEEF



- 1—Sirloin
- 2—Loin
- 3—Rump
- 4—Round
- 5—Top-sirloin
- 6—Prime Ribs
- 7—Blade
- 8—Chuck

- 9—Neck
- 10—Brisket
- 11—Cross-ribs
- 12—Plate
- 13—Navel
- 14—Flank
- 15—Shoulder
- 16—Leg (shin)

OTHER PARTS OF BEEF USED AS FOOD

Brain, used for croquettes.

Tongue, used for boiling (smoked or fresh).

Heart, to be stuffed and baked.

Liver, to be sautéed.

Tripe (fourth stomach), to be pickled or sautéed fresh.

Suet, to be used for puddings and mincemeat.

Tail, to be used for soup.

Name of Cut	Use	Quality of Meat	Time for Cooking	How to Purchase
Neck	Stews Soups	Juicy but tough	2 ½ to 3 hrs. 6 to 7 hours	In pieces by pound
Chuck 10th, 11th, 12th, 13th ribs	Braised, Pot Roasts, Stews, Steaks	Tough	2 to 3 hours Steak ¾-in. thick 4 to 6 min.	In pieces by pound Slices
Blade 7th, 8th, 9th ribs	Roasts	Lean, mostly tender, but contains gristle and bone	15 to 20 min. to pound	In pieces by pound, blade removed
Prime ribs first 6 ribs	Fine roasts	Very tender with considerable bone	15 to 20 min. to pound	In pieces with parts of two or more ribs. Boned and rolled
Loin All between 1st rib and rear end of hip bone	Steaks Roasts	Lean, tender 1st—Porter House 2nd—Hip Bone sirloin 3rd—Flat Bone sirloin 4th—Round Bone sirloin	¾-in. thick 4 to 6 min. 15 to 20 min. to pound	In slices, one to two inches thick In pieces by pound
Rump Back of loin	Pot Roasts Corned Boiled	Tough with considerable bone	2 to 3 hours	In pieces by pound
1. Top Round Inside of thigh 2. Bottom Round. Out- side of thigh.	Braising Pot Roast Beef Tea Fair Roasts Steaks	Solid juicy, fairly tender, Similar to top round but tougher	2 to 3 hours Steak ¾-in. thick, 4 to 6 min.	In pieces by pound In slices
Top Sirloin Between Sirloin and round	Fairly good steak Excellent Pot Roasts	Solid juicy	¾-in. thick, 4 to 6 min. 15 to 20 min. to pound	In slices In pieces by pound
Brisket Between the fore-legs	Corned Boiled	Layers of juicy, well flavored meat over fat and bone	2 to 3 hours	In a piece by pound
Cross-ribs, lies across the ribs	Pot Roasts Stews	Fairly juicy	15 to 20 min. 2 to 3 hours	In pieces by pound
Shoulder	Steaks Roasts	Tough	Steak ¾-in. thick 4 to 6 min. 20 min. to pound	Slices In pieces by pound
Plate On side below ribs	Corned Stews	Layers of fat and lean with thin bone	2 to 3 hours	In pieces by pound

ROAST BEEF

Wash meat quickly, sear the cut sides, place in a dripping pan and sprinkle with salt, pepper and flour. Place in a hot oven. When the flour begins to brown, reduce the heat of the oven slightly and baste with the fat in the pan. If the fat begins to burn, add a little boiling water. Baste every 10 min., turning the meat during the roasting. Roast 15 min. to the lb. if liked rare, 20 min. to the lb., if well done.

BROILED STEAK

Grease the broiler with a bit of fat from the meat. Wash meat quickly. Place the thickest part of the steak near the middle of the broiler. Turn the meat every ten seconds until seared, then less often. When well browned on both sides, put on a warm platter. Season with salt, pepper and butter. For medium cooked steak, 1 inch thick, allow from 10 to 15 min.

POT ROAST

Sear the cut sides of the meat in a hot kettle, add 1 c. of hot water, season with salt and pepper and keep just below the boiling point. Add water only as necessary to keep from burning. Cover closely and cook slowly until very tender, or from two to three hours. Remove meat and make a gravy in the kettle.

GRAVY

Pour off all but 4 tbsp. of fat from the kettle. Add 4 tbsp. of flour and stir until brown. Add slowly 2 c. boiling water. Cook until thick and smooth. Season with salt and pepper.

SWISS STEAK

2 lbs. round steak 1 to 1½ in. thick

¾ c. flour	1 tsp. salt
½ onion	2 tbsp. fat

Pound the steak with flour and add salt. Brown onion in the fat in the frying pan. Add meat and brown on both sides. Barely cover with water and bake from 1½ to 2 hrs. or until tender. Peppers, tomatoes, onions, peas or mushrooms may be added. Reduce liquor to make a thick brown sauce, to pour over the meat.

CREAMED DRIED BEEF

2 tbsp. butter	1 pt. milk
¼ lb. dried beef	⅛ tsp. pepper
4 tbsp. flour	Toast

Sauté dried beef in hot butter till it curls. Remove from fire, sprinkle the flour over beef and stir till it disappears. Pour in milk and cook till thick, stirring constantly. Add pepper. Pour over toast and serve at once.

MEAT LOAF

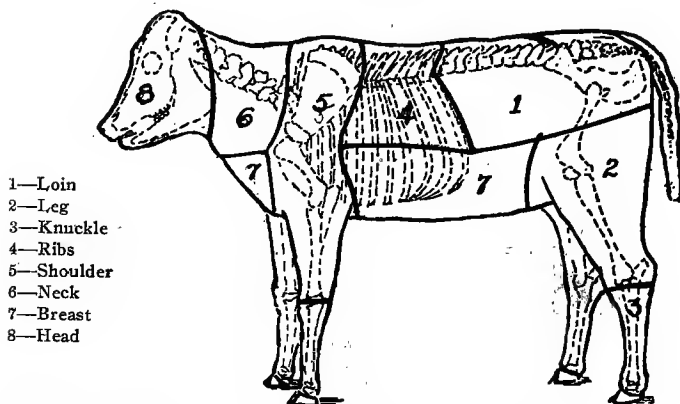
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|-----------------------------|---------------------------|
| 2 lb. lean beef or veal | 1 or 2 beaten eggs |
| $\frac{1}{3}$ lb. salt pork | 2 tsp. salt |
| 6 butter crackers | $\frac{1}{4}$ tsp. pepper |

Chop meat and salt pork, add rolled crackers, beaten eggs, salt and pepper. Pack in a small bread pan and bake slowly 2 hrs. Let cool in the pan. Slice thin in serving.

VEAL

Veal is the meat of a calf from six to eight weeks old. It may be obtained throughout the year, but it is better in the spring. The best veal is pale pink or flesh color with clear white fat. White veal or that from a calf less than six weeks old is unfit

VEAL



- 1—Loin
- 2—Leg
- 3—Knuckle
- 4—Ribs
- 5—Shoulder
- 6—Neck
- 7—Breast
- 8—Head

Name of Cut	Use	Quality of Meat	Time for Cooking	How to Purchase
Loin	Fried Roasted	Tender	Chops, 15 to 20 min., $\frac{1}{2}$ hr. to the pound	Sliced in chops or sold in roasting pieces
Leg (hind)	Cutlets, fried	No waste. Most valuable part of the calf	20 to 30 min.	Sliced into cutlets
Knuckle Lower part of hind leg	Soup	Gelatinous	2 hours	Whole
Ribs	Fried	Tender	20 to 30 min.	Chops
Shoulder Fore leg and part of ribs	Roasted Braised	Tender	$\frac{1}{2}$ hr. to 1 lb.	Whole
Neck	Stews	Gristly	2 hours	Cut in pieces
Breast	Stuffed and Roasted	Bony and some fat	1 to 1 $\frac{1}{2}$ hrs.	Whole
Head	Soup	Tough	3 hours	Cut in pieces

to eat. Veal has but little juice, flavor or nutriment, and should be thoroughly cooked, as it is not wholesome when underdone. Veal should be eaten soon after it is killed and dressed. It is lacking in fat, therefore some form of fat should be used in cooking.

VEAL BIRDS

Cut veal steaks into strips 6 inches long and 3 inches wide; cover with dressing, roll up and skewer into shape or tie with a string. Put in a roaster, dredge with flour, and sprinkle with dots of butter, and sear. Cover the bottom of the pan with hot water or milk, and bake in a moderate oven over 45 min., or until meat is tender.

BREADED VEAL

Cut veal steak in pieces suitable for serving, sprinkle with salt and pepper, and roll in fat-proof coating. Sauté in hot lard. Chops may also be used.

BAKED BREADED VEAL

Place veal steaks in dripping pan, season with salt and pepper, cover with buttered and seasoned crumbs. Bake in a fairly hot oven about 30 min. or until tender. Add a small amount of water if crumbs brown too quickly. Serve with tomato sauce.

SAUTÉD VEAL LIVER

Have liver cut into thin slices. Par-boil 5 min.; drain, remove the tough outer skin; season, dip into flour, sauté in hot fat. A little cut onion may be added if desired.

VEAL STEW AND DUMPLINGS

2 lbs. veal

2 tsp. salt

Pepper

1 onion sliced

4 small potatoes

For gravy:—

2 tbsp. flour

2 tbsp. cold water

Rinse veal quickly, cut in pieces, sprinkle with salt and pepper, add onion and cover with boiling water. Boil until tender or allow it to simmer from one to two hours. Twenty minutes before stew is done, put in the potatoes. Mix dumplings quickly and drop on top of meat and potatoes, allowing ten minutes for them to cook. Gravy may be made by adding the thickening to the juice left in the kettle.

DUMPLINGS

1 pt. flour

4 tsp. baking power

1 tsp. salt

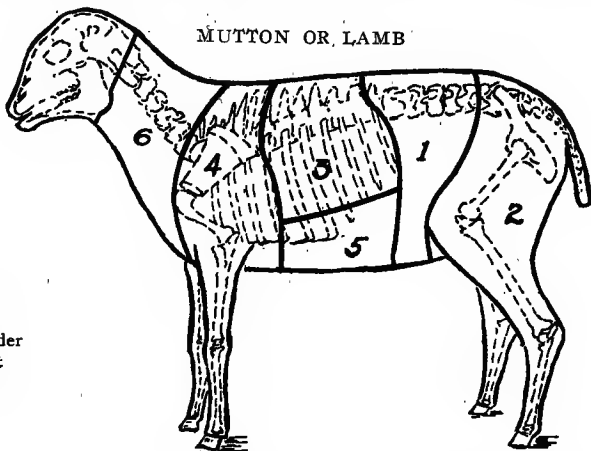
1 scant c. milk

Mix dry ingredients, stir in the milk gradually to make a soft dough. Drop quickly by the spoonful into the boiling stew, letting them rest on the meat and potatoes. Cover closely to keep in the steam. Steam just 10 min. without lifting the cover.

MUTTON

Mutton comes from sheep about three years old. It should hang for two or three weeks after killing to ripen. Good mutton is fine grained and a dull red color, and the fat is white,

MUTTON OR LAMB



- 1—Loin
- 2—Leg
- 3—Ribs
- 4—Shoulder
- 5—Breast
- 6—Neck

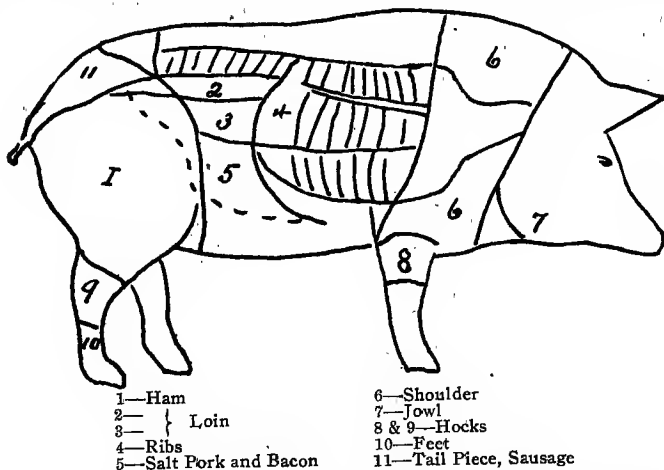
Name of Cut	Use	Quality of Meat	Time for Cooking	How to Purchase
Loin All between 1st rib and rear end of hip bone	Roasted	Contains tender- loin, has less bone than rib chops, therefore more economical	Chops about 20 minutes Roasts, 15 or 20 min. to lb.	Chops Two whole loins called "Saddle of mutton"
Legs Includes rump	Whole, Roasted or boiled Chops, broiled	Fine solid meat	Whole 20 min. to the pound Chops 20 min.	Whole or by lb. Chops
Ribs	Chops pan broil	Tender	Chops about 20	Chops

hard and flaky. If the skin comes off easily, the mutton is sure to be good. Mutton ranks next to beef in nutrition and the broth is especially good for invalids.

Lamb is the name given to the meat of lambs. It should be eaten soon after it is killed. When it is killed from 6 weeks to three months old, it is called spring lamb; when one year old, a yearling. The flesh should be lighter red than that of mutton and the bone red. It may be obtained as early as February, but it is scarce until March.

PORK

Pork is the name given to the flesh of a pig or hog. It should be eaten soon after it has been killed and dressed. Good



Name of Cut	Use	Quality of Meat	Time for Cooking	How to Purchase
Loin	Pan broiled. Roasted	Tender and fairly lean	Chops, 20 min. Roast $\frac{1}{2}$ hr. to pound	Chops and roasting pieces
Ham Hind leg and parts corresponding to rump and round	Usually cured, salted and smoked, then boiled or sliced and pan broiled Sometimes roasted fresh	Solid lean with layer of fat, half an inch thick or more on one side	Boiled, 4 to 5 hours	Whole in halves or sliced (after being smoked)
Back Close to back-bone	Used for frying, flavoring, larding, etc.	All fat		Cut into strips
Shoulder Includes fore-leg	Boiling	Similar to ham but not so good	4 to 5 hours	Cured whole or sold fresh
Flank Salt pork and Bacon	Pan broil	Fat with streaks lean	5 to 10 min.	The piece or sliced

pork should be pale red in color, firm and the fat white and clear. Fresh pork is hard to digest, but is made more wholesome by salting and smoking.

Pork should be thoroughly cooked and eaten only in cold weather, as it is more liable to disease than any other meat.

Pork has more fat than any other meat. The leaf lard comes from leaf-shaped pieces of solid fat which lie just inside the flank.

BACON

Use thin slices of bacon from which the rind has been cut. Put into a pan and cook slowly, turning as necessary. The fat should not be allowed to smoke and burn. Bacon may be broiled by placing it on a broiler under the gas flame, or it may be cooked in the oven.

All bacon fat should be strained and saved for cooking purposes.

When the bacon has been properly cooked the cold fat is almost white.

HAM KENTUCKY STYLE

Select a piece of ham one inch thick. Sprinkle $\frac{1}{2}$ tsp. dry mustard in the bottom of a pan, then a little brown sugar, and a little pepper, put in the meat, cover with brown sugar and add milk to come $\frac{1}{4}$ of the way up the side of the meat. Cover and bake $\frac{1}{2}$ hr. or until tender.

PAN-BROILED CHOPS

Wipe chops clean and put into a hot frying-pan, without grease. Turn as soon as seared. Brown nicely on both sides. Put on warm platter. Season. Beefsteak may be cooked in the same way.

CHAPTER IX.

FISH

Fish may be classified in two general classes: *Fresh water* and *salt water* fish.

Fresh water fish are more abundant in the local markets though many of the more popular sea fish may be obtained.

The term fish is usually meant to include oysters, clams, crabs, lobsters, etc.

Fresh fish has firm flesh, bright eyes and red gills. It should be kept on or near ice as it decays quickly. If fish is to be kept for any time it should be cleaned and sprinkled with a little salt before putting it away.

Fish are prepared for the market in various ways:

1. So they can be shipped long distances in good condition.
2. To give different flavors to make a variety for the diet.
3. To prevent them from decaying and so that people in one locality may have fish native to a distant locality.

Methods of preserving fish:

1. Salting, smoking, drying
2. Canning in oil
3. Pickling with spices
4. Cold storage

Preserved fish are not so easily digested as fresh fish and the food value is lessened in some instances. Salt hardens the fibres in most fish.

PREPARATION AND COOKING

Fish should be perfectly fresh. If fish is frozen, thaw just before using, by placing in cold water.

Remove scales by running a dull knife or spoon from the tail to the head, snapping the scales off. Wet the hands before touching fish and the odor will come off more easily. Dip the hands in salt so that the fish will not slip; hold the fish by the tail.

To prevent the flesh from falling apart:—

1. Wrap in cheese cloth when boiling.
2. Coat with egg and crumbs when frying.
3. Place on strips of buttered cheesecloth when baking.

CLASSIFICATION

Scaly—

White fleshed fish, the fat is secreted in the liver; not pronounced in taste.

Halibut, Haddock, Cod, Flounder. (Haddock may be secured in the East all of the year.)

Oily—

Have fat deposited throughout the body, are much richer and have some dark muscle. They do not require a dressing as they are so rich.

Shad, blue, mackerel, smelts, trout.

Shell—

Oyster, clams, muscles, lobsters, etc.

TO BONE A FISH

Clean and skin the fish before boning. Beginning at the tail, run a knife under the flesh close to the backbone and with a knife and finger follow the bone its entire length, thus removing half the flesh; turn and remove the flesh from the other side. Pick out any small bones that may remain. Cod, Haddock and white fish are easily boned.

Handle fish carefully when cooking, as the flesh falls apart easily, and have all utensils well greased as skin sticks readily when heated.

Cold cooked fish may be used in various ways, as creamed, scalloped and soufflé. It must be carefully picked over, all skin and bone removed, and flaked with a silver fork.

BAKED FISH

Clean well. Stuff the fish, sew or skewer and lay on a strip of cloth in a baking pan. If not an oily fish, cut gashes on top, and put strips of salt pork or bacon in them. Dredge with flour. Bake until well done and browned. Baste frequently.

STUFFING FOR FISH

1c. bread crumbs

2 tbsp. melted butter

½ tsp. salt

⅛ tsp. pepper

onion juice (if desired)

1 tbsp. parsley, cut fine

Mix in order given. A little water may be added if a moist dressing is desired.

FRIED FISH

Clean fish, and wipe as dry as possible, sprinkle with salt, dip in flour, crumbs, or granular cornmeal. Cook in a frying pan with a small amount of fat.

PLANKED WHITE FISH

Clean and bone a white fish. Lay it on a hot, buttered, hardwood plank one inch thick, flesh side up. Sprinkle with salt and pepper and brush with melted butter. Bake in a hot oven 25 to 30 min.

If desired a border of mashed potatoes may be put around the fish a few minutes before it is done. Use a pastry bag and tube.

Remove from the oven and garnish with "radish roses," "lemon fans," parsley, etc. Maitre d'Hotel Butter may be spread over the fish if desired. Serve on plank.

OYSTER COCKTAIL

Look over and clean the oysters. Serve in cocktail glasses with the cocktail sauce.

COCKTAIL SAUCE

$\frac{1}{2}$ tbsp. catsup	1 tbsp. vinegar
1 tbsp. horseradish	1 tsp. minced onion
1 tbsp. Worcestershire	$\frac{1}{4}$ tsp. salt
1 tbsp. lemon juice	Paprika

Allow 1 tbsp. sauce to each cocktail of 6 or 7 oysters. This amount will serve six cocktails.

CODFISH BALLS

1 c. salt codfish	$\frac{1}{2}$ egg
2 c. diced potatoes, raw	$\frac{1}{2}$ tbsp. butter

Shred codfish, add potatoes, cover with boiling water, cook until potatoes are tender. Drain, dry over the fire and mash. Add beaten egg and butter, shape in tbsp. and sauté or fry in hot fat. Serve hot. They may be shaped in flat cakes and rolled in flour.

CREAMED CODFISH

$\frac{1}{4}$ lb. codfish	2 tbsp. butter
1 pt. milk	Pepper
4 tbsp. flour	

Shred the codfish and remove all the bones. Cover with cold water and boil 2 min. Drain and add the milk. Cream the butter and flour, add hot milk till thin enough to pour. Stir into the milk and codfish. Cook until it thickens. To make it richer and the beaten yolks of one or two eggs. Cook one minute and serve.

ESCALLOPED OYSTERS

1 pt. oysters	4 tbsp. oyster liquor
6 tbsp. milk, or enough to moisten	3 tbsp. melted butter
$1\frac{1}{2}$ c. crumbs	Salt
	Pepper

Stir the melted butter into the crumbs. Put in a baking dish a layer of oysters, prepared as for soup, then a layer of crumbs. Sprinkle with salt and pepper and add part of the milk and oyster liquor. Repeat, covering the top with crumbs. Bake 30 minutes in a hot oven. Two layers of oysters are sufficient. If more are used, the center layer may be underdone.

SALMON LOAF

1 can salmon	$\frac{1}{2}$ c. bread crumbs
2 eggs	Salt and cayenne pepper
4 tbsp. melted butter	

Mince fish fine, add butter, crumbs, beaten eggs and seasoning. Pour into buttered pans and bake or steam 1 hour. Serve with sauce.

FISH TURBOT

1 pt. milk	4 tbsp. butter
4 tbsp. flour	2 eggs
Salt and pepper	

Remove bones and skin from fish and flake. Sprinkle with salt and pepper. Make a white sauce with milk, butter and flour.

Season with salt and pepper and if desired a little minced onion. Remove from fire and add beaten eggs. Put a layer of fish in a baking dish, cover with sauce; repeat until the dish is full, cover with buttered crumbs, and bake until brown. A few drops of lemon juice sprinkled over the fish improves the flavor.

CHAPTER X.

POULTRY

TO SELECT A CHICKEN

The flesh of poultry has less red blood and is drier than the flesh of animals. It is not marbled with fat, as that is found in layers just inside the skin and around the intestines. Chicken is easily digested. It is found in market throughout the year. From March until June, the spring chickens are the best.

Turkeys and ducks are best during the winter months.

The best chickens have soft, yellow feet, short thick legs, smooth moist skin, plump breast, and the cartilage on the end of the breast bone is soft and pliable.

Pin feathers always indicate a young bird, and long hair an older one. Older fowls have long thin necks and feet and sharp scales; the end of the breast bone is hard, the flesh has a purplish tinge, and there is usually a large amount of fat.

TO CLEAN POULTRY

Singe by holding on a flame of any kind to remove long hairs. Cut off the head and draw out the pin feathers with a small pointed knife.

By putting the first two fingers under the skin close to the neck, the wind pipe may be easily found and removed; also the crop, which is found fastened to the skin close to the breast. Draw down the neck skin and cut off neck close to the body, leaving skin enough to fasten under the back.

Cut through the skin around the leg an inch and a half below the leg joint. Be careful not to cut the tendons; place the leg at this cut on the edge of the board and snap the bone and pull off the foot with the tendons. In an old bird the tendons will have to be drawn out separately.

Cut through the skin below the breast bone large enough to admit the hand. Begin at the top and with the hand loosen the intestinal organs, keeping the hand close to the side, being careful not to break the gall bladder which is removed with the liver,

being near it. Remove the lungs which are enclosed by the ribs on either side of the back bone; the kidneys in the hollow near the end of the back bone; the heart found near the lungs; and eggs if any. Remove the oil bag near the tail and wash the fowl thoroughly by letting water run through it.

It there is a disagreeable odor, wash in soda water.

TO CLEAN THE GIBLETS

The gizzard, heart and liver are known as the giblets. Separate gall bladder from the liver, cutting off any liver that may have a greenish tinge. Remove the thin membrane, veins and clotted blood from around the heart. Cut fat and membrane from the gizzard. Make a gash through the thickest part of the gizzard, cutting as far as the inner lining, leaving that unbroken. Remove this inner sack and discard it. Wash all giblets carefully and thoroughly.

TO CUT POULTRY

Cut off the legs and wings at the joints. Separate the first and second joints. Cut off the tips of the wings. Make an incision through the skin below the breast bone and cut the membrane lying between the breast bone and the tail, down to the backbone on each side. Break the backbone first below the ribs, cut through the cartilage dividing the ribs and separate the collar bone from the breast.

CHICKEN FRICASSEE

Cut up a chicken. Sprinkle with salt, pepper and flour. Brown in butter or salt pork fat. Remove chicken add 4 tbsp. flour to the butter or fat in the pan and stir until smooth. Add gradually $1\frac{1}{2}$ c. boiling water or chicken stock. Put chicken back into this sauce and simmer 15 to 20 minutes. Before serving add $\frac{1}{2}$ c. cream and salt and pepper to taste.

Old chickens must be stewed until tender before sautéing in the fat.

CHICKEN EN CASSEROLE

Separate the fowl into joints and brown in butter, bacon or salt pork fat. Put in the casserole, adding $1\frac{1}{2}$ c. of hot stock and over. Cook slowly for $1\frac{1}{2}$ hrs. Then add the vegetables,

putting in those first that require the longest time to cook. The carrots and onions require a long time and canned vegetables a short time. When all are cooked, a well seasoned brown sauce should be made and added. Cook a few minutes and serve.

CREAMED CHICKEN ON TOAST

1½ c. cold chicken cut fine	1 c. white sauce
Heat the chicken in the sauce	Serve on toast

ROAST CHICKEN

Clean and stuff chicken. Sew up the incision. Rub all over with soft butter and salt. Tie it into a compact shape, fastening the legs and wings close to the body, dredge with flour, lay pieces of salt pork over it. Place in a hot oven and when flour browns, baste with boiling water every 10 minutes. Turn chicken, that it may brown easily. When the breast is tender the chicken is sufficiently cooked. Roast a 4-lb. chicken about 1½ to 2 hours. Use as little water as possible.

STUFFING

1 c. crumbs	¼ c. boiling water
4 tbsp. chopped salt pork or mutton	Salt and pepper
	Sage, marjoram or thyme

Season crumbs, add water and salt pork and stuff the fowl, pressing in lightly and sewing incision.

GRAVY

To the fat in the pan, add 1 c. boiling water and 1 c. milk. Thicken with 4 tbsp. flour wet in cold water. Cook till thick, or make like roast beef gravy.

CHAPTER XI.

USE OF LEFTOVERS AND MADE DISHES

Attention should be given to the care of all foods that is left over, that no food may be wasted. By careful planning, extra food may be cooked, and later form the basis of other dishes. These planned overs make attractive luncheon and supper dishes.

Stale bread may be put through a food chopper or rolled and kept for crumbs. Slices of bread should be kept for toasting.

Butter that is left on the butter plates, if clean, should be kept for cooking.

Stale cake may be steamed, and served with a sauce for dessert.

For left over Cereal see page 18.

Fish should be looked over carefully, and set aside in a cool place until used.

Fruits should be used in salads and desserts.

Meat should be kept for creaming, stews, salads or soups. It should be looked over carefully, and all bone, gristle and skin removed before putting it away in a cool place.

Vegetables may be reheated, creamed, or used for soups and in stews, or salads.

SPANISH RICE

- | | |
|---------------------|-------------------------|
| 1 c. rice uncooked | 1 can tomato soup |
| 1 onion | 1 green pepper, chopped |
| 1 lb. Hamburg steak | |

Boil rice, add soup, pepper and steak, which has been cooked in butter with the chopped onion. Bake till firm and brown, about $\frac{1}{2}$ hr.

BAKED GREEN PEPPERS

Take out the contents of 6 green peppers, cover them with boiling water and stand 1 hr. Fill with a mixture of boiled rice, cooked tomatoes, a little chilli sauce and blanched and chopped almonds. Put in a baking pan with a little boiling water and a lump of butter. Bake, basting as for a roast, $\frac{1}{2}$ hr. or until tender. When ready to serve pour over them a sauce made of

the yolk of 4 eggs, 2 tbsp. melted butter, $\frac{1}{2}$ c. hot water, 1 tbsp. vinegar and salt to taste. A slice of onion may be added if desired. Beat eggs slightly, add butter, water and vinegar. Cook until it thickens and remove immediately and season to taste.

BAKED HASH

2 c. cooked beef	1 c. water mixed with
2 c. boiled potatoes	2 tbsp. butter
$\frac{1}{4}$ small onion	Salt and pepper to taste
1 c. gravy, or	

Mix meat, potatoes, onion minced, and seasoning. Put in baking dish, pour in milk or other liquid, and bake about 20 min.

ESCALLOPED MEAT

Into a baking dish put alternate layers of macaroni or rice and chopped or ground meat. Pour tomato sauce or gravy over each layer. Cover with buttered crumbs and bake until dish is heated through and crumbs brown.

CASSEROLE OF RICE AND MEAT

Line a buttered mold with cooked rice, fill center with chopped cold meat, highly seasoned with salt, pepper, cayenne, celery salt, onion juice, and lemon juice, and moisten with stock or gravy. Cover meat with rice and then cover whole dish and steam from 30 to 45 minutes. Serve on a platter surrounded with sauce.

MINCED MEAT ON TOAST

1 c. chopped cooked meat	$\frac{1}{2}$ c. water or gravy
$\frac{1}{2}$ tbsp. flour	Salt
$\frac{1}{2}$ tbsp. minced onion	Pepper
3 slices toast	

Sprinkle flour on the meat, stir well, add onion, seasoning and water. Simmer 10 minutes. Serve on toast. If gravy is used, do not thicken.

MEAT PIE

Cut cold cooked meat in small pieces, put in baking dish, cover with gravy, or water and melted butter. Season with salt,

pepper and onion. Cover with baking powder biscuit dough and bake about 15 minutes or until the dough is done.

MEAT SOUFFLE

Mix 1 c. white sauce and 1 c. chopped meat, season with onion and parsley, add yolks of 2 eggs and cook 1 min. When cool, fold in the beaten whites of eggs and bake in a buttered baking dish about 20 minutes. Serve at once.

MEAT SUBSTITUTES

Some foods can *replace meat* in the diet, because they have much the same food value and food principles. These foods are: *eggs, milk, cheese, beans, peas, fish and nuts.*

BOSTON BAKED BEANS

1 pt. beans	1 tsp. mustard
$\frac{1}{4}$ tsp. soda	$\frac{1}{4}$ lb. salt pork
1 tsp. salt	1 small onion
$\frac{1}{4}$ c. molasses	

Pick over, wash beans and soak over night in cold water. Drain, add soda and cover again with cold water. Boil 20 minutes, or until the outside skin cracks. Cook the pork 20 minutes, saving the water in which it was cooked. Put the onion and pork in the bottom of the bean jar. Fill with beans and pour over them the molasses, with which the seasoning has been mixed. Cover with the water in which the pork was cooked, and bake slowly for 5 or 6 hrs. Cover while baking and add boiling water as needed. Brown sugar may be used instead of molasses.

CHEESE PUDDING

8 servings

1 pt. crumbs	1 pt. milk
2 c. grated cheese	$\frac{1}{2}$ tsp. salt
2 eggs	spk. cayenne pepper

Mix the bread crumbs and grated cheese.

Beat the eggs in a greased baking dish, add the milk to them and mix.

Add the crumbs, cheese and seasoning. Bake in a moderate oven until brown.

WELSH RAREBIT

1 lb. cheese	1 tsp. salt
1 c. milk	2 tbsp. butter
2 eggs	8 slices toast
$\frac{1}{4}$ tsp. mustard	Spk. of cayenne

Cut cheese in pieces and melt over hot water, add milk and eggs, mixed with seasoning. Cook over hot water, stirring constantly, until as thick as a medium white sauce. Add butter, and when melted pour over toast or crackers and serve at once. If the cheese is rich, the butter may be omitted.

FRENCH RAREBIT

8 slices of bread, buttered	$\frac{1}{2}$ tsp. mustard
$\frac{1}{2}$ lb. cheese	$\frac{1}{2}$ tsp. salt
2 cups milk	Spk. cayenne
1 or 2 eggs	

Put bread and cheese in layer in a buttered baking dish and pour over it the milk, to which has been added the beaten egg and seasoning. Bake in a slow oven until brown and the milk is absorbed or about 20 minutes.

MACARONI

Macaroni is a paste of hard wheat flour containing a very large amount of gluten and water.

The paste is put in an iron cylinder and forced through small holes of various diameters in an iron plate at the end, thus producing long, slender tubes or cylinders called vermicelli, spaghetti or macaroni according to the diameter. The paste is then dried, either in the open air or by the use of artificial heat in buildings.

Macaroni is so nourishing that it may be used in place of meat, especially when combined with cheese. It is cheaper than meat. Good macaroni is yellowish in color, rough in texture; it breaks easily without splitting and swells to double its bulk when boiled. It does not become pasty nor lose its shape.

MACARONI AND TOMATO SAUCE

Break macaroni into 1-inch pieces and drop slowly into boiling salted water so that the temperature of the water will not be lowered. Boil about 30 minutes. Drain. Combine with tomato sauce. Put into a buttered baking dish. Cover the top with buttered crumbs and bake till brown.

TOMATO SAUCE

Cook 1 tbsp. fat and 2 tbsp. minced onion together. Add 1 tbsp. flour. Add 1 c. unstrained tomatoes, 1 tsp. salt, speck pepper. Cook until it thickens.

MACARONI AND CHEESE

2c. cooked macaroni	1 tsp. salt
1 c. milk	Cayenne pepper
½ c. cheese	

Break macaroni into 3-inch pieces and drop slowly into boiling salted water so that the temperature of the water will not be lowered. Boil about 30 minutes. Drain. Put in a buttered baking dish with layers of cheese. Barely cover with milk, season and bake until the milk is absorbed and top is brown, about 25 minutes.

Macaroni may also be cooked in white sauce. After boiling macaroni put in baking dish. Make a thin, white sauce. Cut or grate cheese into it and pour over macaroni. Cover with buttered crumbs and bake till brown.

RICE BALLS.

Pack cooked rice in buttered cups, set in a pan of hot water and place in oven for about 20 minutes. Remove from mould to individual serving dishes and pour the cheese sauce over them. Serve at once.

COOKING IN DEEP FAT

The fat used may be olive oil, cotton seed oil, cottoline, beef drippings, lard, or a mixture of several fats.

The kettle should be of iron, and a frying basket may be used.

Foods already cooked or needing little cooking, require a higher temperature than batters. The temperature of the fat for oysters, croquettes, fish balls, etc., may be tested by browning a cube of bread in forty seconds. When the cube browns in sixty seconds, the fat is the right temperature for all batters.

All articles cooked must be drained on unglazed brown paper.

When one quantity has been taken from the fat, the fat must be reheated and tested before adding a second quantity.

In absence of a frying basket, a wire spoon may be used to remove the food from the fat.

Fat which has been used for frying should be cooled and clarified by cooking a few slices of raw potato in it for 10 minutes, strain through cheesecloth and when cold, cover. Fat may be used several times for frying and then made into soap.

TO CLARIFY FAT

Add boiling water to cold fat, stir vigorously and set aside to cool, the fat will form a cake on top, which may be easily removed; on the bottom of the cake will be found sediment, which may be readily scraped with a knife.

FAT PROOF COATING

Dip article to be cooked in fine bread or cracker crumbs seasoned with salt and pepper, then into beaten egg, and again in seasoned crumbs. See that the article is completely covered.

CROQUETTES

Make a thick white sauce, add chopped meat and a little grated onion, if desired. Let stand till cold. Shape and roll in fat-proof coating. Fry.

SAVORY RICE CROQUETTES

1½ c. cooked rice	½ tsp. salt
1 egg	spk. cayenne
4 to 6 tbsp. grated cheese	

Shape into balls. Roll in crumbs, egg and crumbs again, and fry in deep fat.

Rice for croquettes should be steamed to retain the starch.

SWEET RICE CROQUETTES

1½ c. cooked rice	3 tbsp. sugar
1 egg	grated nutmeg

Proceed as in Savory Rice Croquettes.

CORN FRITTERS

1 pt. corn	1 tsp. salt
¼ c. flour	spk. pepper
½ tsp. baking powder	1 or 2 eggs

If fresh corn is used, score down the center of each row, cut off kernels, and with the back of a knife press out this pulp. If canned corn is used, chop fine and add 2 tbsp. milk. Add beaten yolks, flour, baking powder and seasoning to the corn, fold in beaten whites. Sauté by dropping tablespoonfuls into the hot fat. Brown on both sides. Do not pile one on another or the lower ones will be greasy and soggy.

APPLE FRITTERS

1½ c. flour	1 egg
1 tsp. baking powder	1 tbsp. butter
¼ tsp. salt	2 tart apples
1 c. milk	

Mix dry ingredients, add milk, beaten egg, and butter, melted. Pare, core and slice apples in small pieces and stir into the batter, or cut in round slices and dip into the batter, one at a time, and sauté or fry.

CHAPTER XII.

SALADS

Salads are made from *cold meat, fish, eggs, fruits or vegetables*, combined with a dressing, which is made with butter, oil or cream, eggs and an acid. Several vegetables or fruits may be combined; meat with vegetables or eggs, etc.

Meat, fish or egg salad may replace the meat in a meal, and form the principal dish for luncheon or supper.

A salad is served with the main course at dinner or may follow the main course. A fruit salad may take the place of desserts.

Odds and ends of left-overs can often be combined into a palatable salad. Salad dressing contains *nourishing materials* in the form of *eggs, cream, oil or butter*. Salads have great food value since they contain nourishing foods, which supply starch, protein, fat and mineral matter. Fruit and vegetable salads are especially rich in minerals. Salads should be used more often to take the place of other dishes, since they offer great variety in combinations and in the diet. They make excellent summer dishes.

Lettuce can be freshened by soaking in cold or ice water a short time and can be kept fresh by wrapping in a damp cloth and laying it on ice.

Salads must be *attractive* to the eye and well-seasoned. Such vegetables as celery, radishes, etc., as well as the lettuce on which the salad is served must all be fresh, crisp and dry.

Salads should be mixed with a fork and served very cold. There are three classes of salad dressings:—

1. French—made with oil, vinegar or fruit-juice and seasonings.
2. Boiled or cooked—made with eggs, vinegar and seasonings. If cream is added it is sometimes called "Cream dressing."
3. Mayonnaise (uncooked)—made with egg, oil, vinegar, cream and seasonings.

Variations in salad dressings are made by adding finely chopped

beets	hard cooked eggs	Roquefort cheese
celery	green or red	nuts
chili sauce	peppers	whipped cream
chives	parsley	cucumber
horseradish	pimento	

SALAD SEASONINGS

cayenne	horseradish	pepper
chives	marjoram	paprika
capers	mint	parsley
cloves	mustard	savory
curry	nasturtium	tarragon
garlic	onion	

SALAD GREENS

lettuce	chives	escarole
beet-tops	chicory	romaine
celery	dandelions	spinach
cabbage	endive	watercress

Meat, poultry, and fish are cut into one-half-inch cubes and marinated with French dressing, and allowed to stand in the refrigerator for an hour before combining with the other parts of the salad.

This gives a flavor to the salad that it cannot have if it is combined with the dressing just before serving. Then mix with the mayonnaise, before serving.

For garnishing some highly flavored materials may be used, as olives, radishes, parsley, or nasturtium leaves or blossoms.

COOKED SALAD DRESSING I.

2 whole eggs or 4 yolks	1 tsp. salt
$\frac{1}{3}$ c. vinegar	spk. of cayenne pepper
2 tbsp. butter	$\frac{1}{2}$ tsp. mustard

Beat eggs slightly. Add vinegar and cook over hot water till thick. Remove from fire, add butter and seasoning. When ready to use, if too thick, it may be thinned with cream.

COOKED DRESSING II.

1 tsp. salt	Yolks of 2 eggs or 1 whole egg
$\frac{1}{2}$ tsp. mustard	$\frac{1}{4}$ c. vinegar
1 tbsp. sugar	$\frac{3}{4}$ c. milk
Few grains Cayenne	1 tbsp. butter
1 tbsp. flour	

Mix dry ingredients, add beaten eggs and milk. Cook over hot water until it thickens, stirring constantly. Add vinegar slowly, and butter; strain if necessary and cool. If it curdles, beat with Dover egg beater until smooth.

FRENCH DRESSING

3 tbsp. olive oil	$\frac{1}{2}$ tsp. salt
1 tbsp. vinegar or lemon juice	Cayenne

Stir seasoning into the oil, add vinegar and beat hard until the dressing thickens slightly.

COOKED CREAM DRESSING

$\frac{1}{2}$ tbsp. salt	$2\frac{1}{2}$ tbsp. melted butter
$\frac{1}{2}$ tbsp. mustard	$\frac{3}{4}$ c. cream
$\frac{3}{4}$ tbsp. sugar	$\frac{1}{4}$ c. vinegar
1 egg, slightly beaten	

Mix ingredients in the order given, adding vinegar very slowly. Cook over boiling water, stirring constantly until mixture thickens. Cool.

COOKED SALAD DRESSING III.

4 tbsp. flour	Dash of cayenne pepper
3 tbsp. sugar	2 eggs
1 tsp. salt	$\frac{1}{2}$ c. vinegar
1 tsp. mustard	$\frac{1}{2}$ c. water
3 tbsp. olive oil or $1\frac{1}{2}$ tbsp. butter	

Mix dry ingredients, add beaten eggs, vinegar and water. Cook over hot water until thick. Add butter, or, if oil is used, add very slowly when cool.

UNCOOKED CREAM DRESSING

Cream, either sweet or sour, may be used as a dressing for salad. To the cream add salt, sugar, pepper and a little vinegar or lemon juice to taste. This is especially good on cabbage.

MOCK MAYONNAISE

4 tbsp. flour	1 c. boiling water
1 tsp. salt	$\frac{1}{4}$ c. lemon juice or vinegar
$\frac{1}{2}$ tsp. mustard	yolks of 2 eggs
spk. pepper	$1\frac{1}{4}$ c. oil (chilled)

Make a sauce of the flour, seasonings and $\frac{1}{4}$ c. of oil and the water. Boil gently three minutes, and pour into the slightly beaten eggs. Stir occasionally as the dressing cools to prevent a crust from forming. When *cold*, add vinegar or lemon juice, and mix well. Add the cupful of oil one-third at a time and after each addition beat hard with a Dover egg beater. This makes a very thick mixture and can be used for garnishing as it does not soften so readily as mayonnaise.

THOUSAND ISLAND DRESSING

To mayonnaise dressing add 2 tbsp. each finely chopped pimento, chives, tomato catsup and chili sauce. Fold in $\frac{1}{2}$ c. heavy cream whipped until stiff, and just before serving add 2 hard cooked eggs, chopped (chop the yolks and whites separately). Chill on ice before using.

MAYONNAISE DRESSING

1 tsp. sugar	yolks of 2 eggs
$\frac{1}{4}$ tsp. salt	4 tbsp. vinegar or lemon juice
$\frac{1}{2}$ tsp. mustard	$1\frac{1}{2}$ c. olive oil
few grains cayenne pepper	

Mix the dry ingredients, add them to the well-beaten egg yolks. Add about $\frac{1}{4}$ c. olive oil, drop at a time, beating all of the time, then add alternately, a few drops at a time, the vinegar and remaining oil. Continue beating, keep all ingredients *cold*, and when finishing add 2 or 3 tbsp. boiling water, and beat again. This amount will make almost a pint of thick dressing, which will keep several weeks in the refrigerator. Thin when ready to use with cream (sweet or sour), or milk. If the dressing separates when mixing, add the mixture, drop by drop, to another yolk of

egg. If desired one whole egg may be used in place of the yolks of two eggs, when the dressing will be much lighter in color.

RUSSIAN SALAD DRESSING

$\frac{1}{2}$ tsp. salt	2 hard cooked eggs
$\frac{1}{8}$ tsp. pepper	1 pimento
$\frac{1}{4}$ tsp. paprika	1 green pepper
6 tbsp. olive oil	1 tbsp. chives
2 tbsp. vinegar	1 tbsp. chili sauce

Rub the bowl with a clove of garlic or onion, add salt, pepper, paprika, and oil; beat until ingredients are well mixed. Add vinegar slowly. Chop whites and yolks of eggs separately; rub pimento through a sieve; chop the green pepper. Add these in the order given to the above mixture. Then add finely chopped chives, and chili sauce. Mix thoroughly and chill. Just before serving beat 3 minutes.

SWEET SALAD DRESSING

To use for fruit salad. For each half cupful of cream whipped, add 1 tbsp. cooked or mayonnaise dressing.

CABBAGE SALAD

Remove the outer leaves from a small, solid white cabbage.

Chop fine or shred, mix with diced celery if desired, and moisten with cream or cooked dressing. Shredded pimento may be added or used as a garnish.

PERFECTION SALAD

$\frac{1}{2}$ pkg. gelatine	4 tbsp. sugar (or to suit taste)
$\frac{1}{2}$ c. cold water	2 c. celery, cut in small pieces
$\frac{1}{4}$ c. mild vinegar	1 c. finely chopped cabbage
juice of 2 lemons	$\frac{1}{2}$ c. chopped English walnuts
1 pt. boiling water	$\frac{1}{4}$ can sweet red peppers,
1 tsp. salt	finely chopped

Soak gelatine in cold water 2 min. Add vinegar, lemon juice, boiling water, sugar and salt. Strain, and when beginning to set, add remaining ingredients. Turn into cups to mold and chill. Serve on lettuce leaves with mayonnaise dressing.

CHEESE BALLS

Measure Neufchatel, Cottage or snappy cheese by the teaspoon. Shape into balls. Put an English walnut meat on each side. Use as a salad garnish.

VEAL SALAD

1 lb. cooked veal or chicken Nut meats
1 stalk celery or 1 cucumber

Dice meat, add celery or cucumbers cut in dice, then nut meats, moisten with dressing and serve on shredded lettuce.

SALMON SALAD

1 hard cooked egg 1 can salmon

Drain oil from salmon. Remove skin and bone. Flake fish, being very careful not to mash. Add egg, cut into dice and moisten with salad dressing. Chopped sour pickles, cucumbers cut into dice, broken nut meats and shredded lettuce may be added.

VEGETABLE OR MACEDOINE SALAD

Cold cooked peas, carrots, beets, string beans, potatoes or almost any cold vegetable may be combined in this salad. Cut beets and carrots in $\frac{1}{4}$ -inch cubes, string beans and celery in short lengths.

Mix each vegetable separately with French or boiled dressing, and arrange them in sections, forming a circular mount upon a bed of lettuce. Let vegetables of contrasting colors come next each other and garnish with radishes, celery tips and small lettuce leaves.

POTATO SALAD

Cut cold boiled potatoes in cubes, sprinkle lightly with salt. If liked, add one-half the amount of celery, cut in cubes. Add 1 tbs. minced onion to every pint of potatoes. Moisten with salad dressing. Mix lightly and place on lettuce leaves, using individual plates, or put in bowl and garnish with celery leaves.

Hard cooked eggs cut in slices may be added.

FRUIT SALAD

Mix diced oranges, bananas and pineapple, add broken nut meats. Moisten with salad dressing and serve on lettuce. Garnish with maraschino cherries.

CHAPTER XIII.

QUICK BREADS

Quick breads are breads which are raised by:

1. Baking powder and sweet milk.
2. Soda and sour milk.
3. Soda and molasses.
4. Air beaten into the mixture.

Quick breads form a delightful substitute for yeast breads and are used chiefly for breakfasts and luncheons, seldom for a formal dinner.

Quick bread mixtures are either *batters* or *doughs*.

Batter means that which can be beaten, and *dough* means that which is mixed stiff enough to be molded.

Proportion for thin batter: 1 scant c. liquid to 1 c. flour.

Proportion for thick or drop batter: 1 scant c. liquid to 2 c. flour.

Proportion for dough: 1 scant c. liquid to 3 c. flour.

Baking powder is made up of two materials, cream of tartar and soda, and some starchy material to absorb moisture. The cream of tartar and soda when moistened, unite to form a gas called carbon dioxide which raises the mixture and makes it light.

There must always be present two materials which when combined make this gas; for example, soda and sour milk. These two materials are known as acid and alkali. Soda is the alkali and cream of tartar the acid.

PROPORTIONS OF ACID AND ALKALIES

1 level tsp. soda to 1 pt. thick sour milk.

$\frac{1}{2}$ to 1 level tsp. soda to 1 c. molasses.

2 level tsp. baking powder to 1 c. flour.

The general method of mixing quick breads, follows:

1. Measure and sift dry materials.
2. Measure and mix wet materials.
3. Add wet materials to dry materials.
4. Add melted fat.

GRIDDLE CAKES

The griddle for cakes should be smooth and clean. Never allow fat to collect and burn around the edges. Grease griddle with a pork rind or drippings. If fat is used in the cakes, little or no grease is needed on the griddle. Drop cakes from the end of the spoon, to make them round. When full of bubbles, turn and brown the other side. Never turn a cake but once.

SOUR MILK GRIDDLE CAKES

- | | |
|-------------------------|---------------------------|
| 1 pt. flour | 1 scant pt. thick sour or |
| $\frac{1}{2}$ tsp. salt | butter milk |
| 1 tsp. soda | 1 egg well beaten |

Mix and sift soda, salt and flour, add sour milk and beaten yolk. Fold in beaten white and bake on a hot greased griddle.

SWEET MILK GRIDDLE CAKES

- | | |
|-------------------------|---------------------------|
| $1\frac{1}{2}$ c. flour | $\frac{1}{2}$ tsp. salt |
| 2 tbsp. sugar | 1 egg |
| 3 tsp. baking powder | 1 tbsp. melted shortening |
| 1 c. milk | |

Mix and sift dry ingredients. Beat egg, add milk, and pour slowly into the other mixture. Beat thoroughly and add shortening.

CORN-MEAL GRIDDLE CAKES

- | | |
|------------------------------|--|
| $1\frac{1}{2}$ c. corn-meal | 3 tsp. baking powder |
| $\frac{1}{2}$ c. white flour | 1 tbsp. sugar or molasses |
| $\frac{1}{2}$ tsp. salt | 2 c. (scant) milk, water or |
| 1 tbsp. melted fat | $\frac{1}{2}$ milk and $\frac{1}{2}$ water |
- Mix in order given and bake on hot griddle without greasing.

WAFFLES

- | | |
|-------------------------|------------------------|
| 2 c. flour | 2 eggs |
| 4 tsp. baking powder | $1\frac{1}{4}$ c. milk |
| $\frac{1}{2}$ tsp. salt | 1 tsp. butter, melted |

Mix dry ingredients, add milk, yolks of eggs, butter and beaten whites. Cook on a greased hot waffle iron. Any pancake batter can be made into waffles.

A waffle iron should fit well on the range. Heat well on both sides and grease. Fill by putting a tablespoonful of the

mixture in each compartment near the center, cover, and it will spread to fill it. If it is sufficiently heated it should be turned almost as soon as it is filled and covered.

PLAIN MUFFINS

2 c. flour	1 c. milk
4 tsp. baking powder	1 egg
$\frac{1}{2}$ tsp. salt	2 tbsp. melted butter
2 tbsp. sugar	

Mix dry ingredients, add milk, beaten egg and melted butter. Bake in hot greased muffin pans about 25 minutes.

CORN MUFFINS

$\frac{3}{4}$ c. corn-meal	1 tbsp. sugar
1 c. flour	1 c. milk
4 tsp. baking powder	1 egg
$\frac{1}{2}$ tsp. salt	1 tbsp. melted butter

Mix dry ingredients, add milk, beaten egg and butter. Bake in hot greased muffin pans about 25 minutes.

ENTIRE WHEAT MUFFINS

1 $\frac{1}{4}$ c. entire wheat or graham flour	$\frac{1}{2}$ tsp. salt
$\frac{1}{4}$ c. flour	1 c. milk
2 tbsp. sugar	1 egg
4 tsp. baking powder	2 tbsp. melted butter or lard

Mix dry ingredients, add milk, beaten egg and melted butter. Bake in hot greased muffin pans about 25 minutes.

BAKING POWDER BISCUIT

2 c. flour	2 tbsp. lard
4 tsp. baking powder	1 scant c. milk
1 tsp. salt	

Mix dry ingredients. Cut in lard with knife or mix lightly with fingers. Add milk gradually to form a soft dough, mixing with a knife. Turn on a floured board. Roll to $\frac{3}{4}$ in. thickness, cut and bake in hot oven about 15 minutes.

PIN WHEEL BISCUIT

2 c. flour	1 tbsp. melted butter
4 tsp. baking powder	$\frac{1}{8}$ c. stoned raisins
$\frac{1}{2}$ tsp. salt	2 tbsp. chopped citron
1 tbsp. butter	2 tbsp. sugar
$\frac{2}{3}$ c. milk	$\frac{1}{8}$ tsp. cinnamon

Mix flour, baking powder, salt, rub in the butter and add milk gradually as for baking powder biscuits. Roll $\frac{3}{4}$ in. thick. Brush with melted butter, sprinkle with raisins chopped fine, citron, and sugar and cinnamon mixed. Roll like a jelly roll. Cut in slices 1 inch thick. Bake in a hot oven 15 minutes.

For Date Biscuits cut dates in half lengthwise, remove the stone. After biscuits are cut in rounds, fold one-half over the other as for Parker House rolls, and place dates in the fold.

BRAN BREAD

1 qt. sour milk	5 full c. graham flour
1 tsp. salt	3 c. bran flour
2 tsp. soda	2 c. brown sugar

Mix all of the dry ingredients together, and stir them into the milk. The mixture must be very stiff. Bake 2 hrs. in a slow oven. Makes 2 loaves. This can also be baked in muffin pans.

BOSTON BROWN BREAD

1 c. rye flour	$\frac{3}{4}$ c. molasses
1 c. cornmeal	2 c. thick sour milk
1 c. graham flour	2 tsp. soda
$\frac{1}{2}$ tsp. salt	

Mix dry ingredients. Add milk and molasses and beat well. Pour into greased moulds. Grease covers also, and never fill moulds more than two-thirds full. Half molasses and half brown sugar may be used. Steam $3\frac{1}{2}$ hours. A baking-powder can makes a convenient mould.

CORN BREAD

1 c. cornmeal	$\frac{1}{4}$ c. sugar
1 c. flour	2 eggs
$\frac{1}{2}$ tsp. salt	1 c. milk
4 tsp. baking powder	2 tbsp. melted butter or lard

Mix dry ingredients, add milk, beaten egg and butter. Beat well and bake in a shallow greased pan in a quick oven from 20 to 30 minutes.

NUT BREAD

$\frac{1}{2}$ c. brown sugar (light)	2 tsp. soda
$\frac{1}{2}$ c. molasses	$\frac{1}{4}$ lb. chopped English
2 c. sour milk	Walnuts, or $\frac{1}{2}$ c. nuts and
1 scant c. white flour	$\frac{1}{2}$ c. chopped raisins
$2\frac{1}{2}$ c. graham flour	1 tsp. salt

Mix nuts and raisins with dry ingredients, and beat them into the sugar and liquids. Bake 1 hour in a slow oven.

QUICK COFFEE CAKE

3 c. flour	1 egg
4 tsp. B. P.	3 tsp. shortening
1 tsp. salt	1 c. milk
$\frac{1}{2}$ c. sugar	

Mix the dry ingredients cut in the shortening—add the slightly beaten egg and the milk. Mix with a knife. Put into layer pans—sprinkle with sugar and cinnamon—dot with butter—bake 25 or 30 minutes in a hot oven.

Raisins may be added if desired.

CHAPTER XIV.

BREAD

Bread differs from quick breads in that it is always raised with yeast and has three other necessary ingredients, liquid, flour and salt.

The liquid may be milk but half or all water may be used. Fat of some kind is generally added.

The flour used for bread should be Spring wheat which contains a great deal of gluten so necessary in making bread. Spring wheat is grown in the northwestern part of the United States and in Canada.

The yeast used in bread is generally compressed yeast although yeast foam and other forms may be used.

Yeast is a tiny plant which requires warmth, moisture, food and air to grow. These are supplied by the liquid, which is first scalded then cooled to lukewarm temperature, flour, sugar and butter and by the air kneaded or beaten into the dough and set in a warm place.

As we provide the yeast with these things, upon which to grow, it makes a gas, called carbon dioxide which raises the bread. It is here, that the value of the gluten comes in, for as the bread rises, the gluten being very elastic like a ballon stretches with the mixture, and holds in the gas so that the dough may continue rising.

STEPS IN MAKING DOUGH FOR BREAD

- I. Scald milk (to destroy bacteria).
- II. Pour scalded milk over fat, sugar and salt in large bowl.
- III. Cool mixture to lukewarm temperature.
- IV. Add yeast dissolved in lukewarm water.
- V. Add enough flour to beat well.
- VI. Add remaining flour and knead.
- VII. Let rise in greased bowl till doubled in size.
- VIII. Knead.
- IX. Let rise in pans till doubled in size.
- X. Bake in hot oven for 45 minutes to hour.

BREAD

A *sponge* is a drop batter to which yeast is added.

PRINCIPAL REQUIREMENTS IN BREAD MAKING

Many points should be kept in mind in making bread:

1. Choice of materials.
2. Choice of utensils.
3. Cleanliness.
4. Proportions of ingredients.
5. Measuring, mixing and molding.
6. Care of dough while it is rising.
7. Care of bread while it is baking.
8. Care of loaves after they are taken from the oven.

REASONS FOR KNEADING BREAD

- 1st. Kneading:
 - (a) To fold in air.
 - (b) To develop gluten.
 - (c) To mix materials.
- 2d. Kneading:
 - (a) To shape for baking.
 - (b) To break up large gas bubbles.

TEST FOR OVEN

If the oven will turn a piece of unglazed white paper golden brown in five or six minutes the bread may be put in.

BREAD SCORING

It is highly desirable and advantageous that the bread-maker learn to score her own bread, in order that she may be a competent judge of good and bad products.

Score cards for judging bread differ somewhat, but the one used by the Bureau of Chemistry, United States Department of Agriculture, for the ordinary yeast raised, white bread, is a good guide.

1. General appearance	{ Shape	5
	{ Smoothness of crust.....	5
	{ Depth and evenness of color.	5
2. Lightness		10
3. Crust	{ Quality (crispness and elasticity).....	5
	{ Thickness	5
	{ Color	10
4. Crumb, Texture (size and uniformity of cells, thinness of cell walls).....		15

Elasticity, softness and springiness	15
5. Flavor, Taste and Odor.....	25
Total	100

THREE-HOUR BREAD

$\frac{1}{2}$ c. scalded milk	$\frac{1}{2}$ tbsp. lard (scant)
$\frac{3}{4}$ tbsp. sugar	3 c. flour
1 tsp. salt	1 extra cup of flour
$\frac{1}{2}$ c. cold water	1 cake compressed yeast

Scald milk, add lard, salt and sugar, cool down with cold water, then add the yeast which has been dissolved in $\frac{1}{4}$ c. of lukewarm water. Stir in 1 c. flour, then beat in $\frac{1}{2}$ c. more of flour. (This is called the sponge-mixture.) Beat this hard, and when it is very smooth, add the remaining flour slowly, beating it thoroughly whenever flour is added.

If necessary add from extra cup of flour to make a soft dough. Knead it on the board and let it rise until it has doubled in bulk. Knead this into a loaf and let rise until it has again doubled in size, and bake. If a longer time is desired in making the bread use less yeast. This amount makes one good sized loaf of bread, multiply the amounts given by number of loaves to be baked in case several loaves are desired.

If Graham bread is desired, substitute half Graham flour for the white.

BREAD WITH SPONGE

1 qt. boiling water	3 small potatoes
2 tbsp. sugar	1 cake yeast dissolved in
2 tbsp. lard	$\frac{1}{4}$ c. lukewarm water

Flour

Boil and mash potatoes. Add salt, sugar, lard and boiling water. When lukewarm, add yeast and 6 to 8 c. of flour to make a sponge. Let rise over night. In the morning, add flour to make a soft dough. Turn on a well-floured board and knead lightly till smooth and elastic. Put into a greased bowl. Grease the top to prevent a hard crust from forming. Cover closely. Let rise till it doubles in size. Knead and shape into loaves or rolls. Let loaves rise in the pan $\frac{1}{2}$ to $\frac{3}{4}$ hr. and bake 40 to 60

minutes. Rolls should rise in the pan from 1 to 1½ hrs. and bake in a hot oven 20 minutes.

PARKER HOUSE ROLLS

1 pt. milk	½ cake yeast dissolved in
1 tbsp. butter	½ c. lukewarm water
1 tsp. salt	Flour
1 tbsp. sugar	

Scald milk. Add butter, sugar and salt—when lukewarm, add yeast and flour to make a soft dough. Knead until the dough blisters. Let rise till it doubles in size. Shape into rolls; let rise 1 to 1½ hrs. Bake in a quick oven 20 minutes. Brush with milk or butter.

WHOLE WHEAT BREAD

Scald 1 c. milk and 1 c. water. When lukewarm, add 1 cake compressed yeast dissolved in ¼ c. lukewarm water, ½ tsp. salt and enough whole wheat flour about 3 c. to make a stiff batter. Beat well for 5 minutes lifting dough high in the air folding it over. Scrape dough from sides of the bowl, cover with a clean cloth and set in a warm place 80 to 90° F. for 2 hours. By this time it will be light and spongy. Stir in enough whole wheat flour to make a dough. Turn out onto a floured board and knead until light and elastic and no longer sticky. Form into 2 or 4 loaves, as desired, place in greased pans, cover and let stand until double in bulk about 1 hr. Bake in a moderate oven ¾ hr.

OATMEAL BREAD

3c. rolled oats	¼ c. sugar
3 c. boiling water	1 cake compressed yeast
1 tbsp. lard	dissolved in 1 c. water
1½ tsp. salt	Flour to make dough

Scald rolled oats with boiling water, add lard, sugar and salt and when lukewarm, the dissolved yeast. Add flour to make a dough stiff enough so that the spoon will stand upright in it. Beat well as the flour is added. Let rise 2 or 3 hours or until it doubles in size. Beat down, put into greased pans, let rise about ½ to ¾ hour or until light. Bake 1 hour in moderate oven.

COFFEE CAKE

Take from the bread after the first rising enough dough to make one loaf. Add to it ¼ c. shortening, ¼ c. sugar and one

egg. Add flour enough to shape into a loaf about 1 in. thick; let rise until double in size.

Before baking brush the top with egg and sprinkle with sugar and cinnamon and dot with butter. Bake in a moderate oven.

CARE OF BREAD AFTER BAKING

1. Remove from pan immediately.
2. If desired rub top crust with water, milk or a little melted butter.
3. Cool on a rack in a current of air.
4. When cold, store without wrapping, in a metal box.

USES OF STALE BREAD

TOAST

Toaster, knife, fork.

1. Cut bread into slices $\frac{1}{2}$ inch thick.
2. Place toaster over gas burner and put slices of bread on toaster.
3. When one side of bread is brown, turn bread and brown the other side.
4. Toast may be buttered when taken from toaster or may be spread at table as eaten.
5. Good toast is crisp.
Serve on a hot plate.

MILK TOAST

Pour hot milk seasoned with butter and salt over plain toast. If desired a thin white sauce may be used in place of the milk.

FRENCH TOAST

2 eggs	1 c. milk
$\frac{1}{2}$ tsp. salt	6 slices stale bread

Beat eggs slightly, add salt and milk, pour into a shallow pan or dish. Soak bread in mixture until soft. Cook on a hot, well oiled griddle or in a frying pan; brown on one side, turn and brown on the other side.

CHAPTER XV.

CAKES

In general a cake should contain about twice or not more than three times as much sugar as butter. Butter, or the shortening, and sugar count as liquid since they melt in the oven. Sour milk or molasses do not thin a mixture so much as sweet milk or water. A cake with fruit or nuts should be a little stiffer than one without. The more eggs that are in a cake the less baking powder it needs. Cake containing molasses burns easily. Bake such cakes, or any thick loaf requiring long baking, in tins lined with greased paper.

There are two classes of cakes, those with butter or butter cake, and those without butter, or sponge cake.

TO MIX BUTTER CAKE

Cream butter, add sugar gradually, then beaten yolks and flavoring. Add flour and liquid alternately commencing with the flour. Add baking powder to the last portion of flour. Beat well as cake is made fine grained by beating. Lastly fold in beaten whites. Never stir or beat after the whites are put in.

TO CREAM BUTTER

Work or press the butter against the side of the bowl till very soft, or work it in the hands. The heat of the hands will soften it very quickly. The bowl may be warmed a little if the butter is very hard but not enough to melt it. Melting the butter makes it too greasy for a cake.

Butter is creamed in order to mix it more thoroughly with the other ingredients of the cake.

CAKE BATTERS

Cakes are baked in shallow pans as *layers* or in deep pans as *loaves*. Both mixtures are *batters*. The batter for a layer cake should drop from the spoon in *ribbons*. The batter for a loaf cake should drop in *lumps*.

Layer cakes are baked about 20 minutes in a hot oven.

Loaf cakes are baked $\frac{1}{2}$ hour to 1 hour in a moderate or slow oven.

Good materials, careful measurements and a good oven well under control are necessary to make good cakes.

HINTS ON MAKING CAKE

1. The more you cream the butter and sugar together, the finer will be the grain of the cake.
2. Beat a cake well before adding baking powder or egg whites.
3. Stir cake as little as possible after adding the above named materials.
4. Stir a cake in the same direction. It makes the grain finer and smoother.
5. Test your oven a few minutes before you are ready to put in the cake, so it will have time to cool or heat more before it is needed.
6. Avoid jarring the oven in the first stages of baking. Do not open the oven door until half the time allowed for baking has passed.

TO BAKE BUTTER CAKES

The oven should be hot enough to turn a piece of unglazed white paper medium brown in five minutes. The time for baking should be divided into quarters. First, begin to rise; second, continue to rise and begin to brown; third, brown all over; fourth, finish baking.

FILLING THE PANS

Grease pan, or paper if used, with fat, and dust with flour. Pour in the mixture and let it run well into the corners of the pan. Have pan about two-thirds full.

TO TELL WHEN CAKE IS BAKED

1. Insert a broom straw or tooth-pick. If it comes out clean, the cake is done.
2. Touch the cake lightly. If it springs back into place, it is done.
3. Cake shrinks from the sides of the pan when it is done.

ONE EGG CAKE

$\frac{1}{2}$ c. butter	1 c. milk
1 c. sugar	2 c. flour
1 egg	4 tsp. baking powder
$\frac{1}{2}$ tsp. vanilla	

Cream butter, add sugar gradually, beaten egg and flavoring. Stir in alternately the milk and flour mixed with baking powder. Beat well, and bake in a greased pan 30 to 40 minutes.

MOTHER'S CAKE

$\frac{3}{4}$ c. butter	1 c. milk
$1\frac{1}{2}$ c. sugar	4 tsp. baking powder
3 eggs, beaten separately	3 c. flour
1 tsp. vanilla	

Cream butter, add sugar gradually, then beaten yolks and flavoring. Mix flour and baking powder, and add alternately with the milk. Beat well and fold in beaten whites. Bake 40 to 50 minutes in a moderate oven, if a loaf; 20 to 25 minutes, if in layers.

CHICAGO WHITE CAKE

$\frac{1}{2}$ c. butter	3 c. flour
2 c. sugar	4 tsp. baking powder
1 c. milk	Whites of 4 eggs

FLAVORING

Mix as for any butter cake and bake in layers.

ANGEL FOOD

Whites of 11 eggs	1 c. flour
$1\frac{1}{2}$ c. sugar	1 tsp. cream of tartar
1 tsp. flavoring	

Sift sugar. Sift flour with half the cream of tartar three times. Beat whites to a foam, add the other half of the cream of tartar and beat until very stiff. Add sugar, mixing with a spoon, and the flavoring. Fold in the flour lightly. Pour into ungreased pan lined with greased paper, and bake in slow over 40 to 50 minutes.

SPONGE CAKE

6 eggs	Grated rind of $\frac{1}{2}$ lemon
1 c. sugar	1 c. flour
1 tbsp. lemon juice	$\frac{1}{4}$ tsp. salt

Beat yolks until lemon-colored and thick, add sugar gradually and continue beating. Add lemon juice and rind and whites beaten very stiff. When whites are partly mixed in, add flour

and cut in carefully. Place in ungreased tin with paper fitted to the bottom and bake 1 hour in a slow oven.

BERWICK SPONGE CAKE

3 eggs, beaten separately	1 tsp. flavoring
1¼ c. sugar	2 tsp. baking powder
½ c. water	2 c. flour

Beat yolks 5 minutes, add sugar slowly and beat 2 minutes. Add water and flavoring. Slip the beaten whites into the bowl, and sift the flour, mixed with the baking powder, slowly over them. Fold all together. Bake in shallow tins or loaf. Cut in two and fill with cream if for Washington pie. Sprinkle the top with powdered sugar.

CREAM FILLING FOR WASHINGTON PIE

2 c. milk	⅛ tsp. salt
¾ c. sugar	1 beaten egg or
6 tbsp. flour	2 beaten yolks
½ tsp. vanilla	

Scald the milk in a double boiler. Mix the sugar, flour and salt until the flour cannot be seen. Pour the milk over the mixture, return to double boiler, and stir until it thickens. After it has cooked ten minutes, remove from the fire, add the egg quickly. When cool, flavor. Whipped cream may be used for the filling, in place of custard.

Cakes containing either molasses or sour milk are made light by using soda, instead of baking powder.

SOUR MILK SPICE CAKE

1 c. sugar	2 c. flour
4 tbsp. lard or butter	½ tsp. cinnamon
1 c. sour milk	½ tsp. cloves
1 egg	¼ tsp. ginger
1 tsp. soda	¼ tsp. nutmeg

Cream butter, add sugar gradually, and cream again. Add beaten egg, sour milk, and flour mixed with soda and spices. Bake in a greased pan in a moderate oven.

SOUR MILK CHOCOLATE CAKE

$\frac{1}{2}$ c. butter	$\frac{1}{3}$ c. boiling water
$2\frac{2}{3}$ c. brown sugar (1 lb.)	1 tsp. soda
2 eggs	1 square chocolate
$\frac{1}{2}$ c. sour milk	2 c. flour

Cream the butter, add the sugar gradually, then the beaten eggs and sour milk.

Dissolve the chocolate in the boiling water. Stir this in and then the flour mixed with soda. Bake 40 to 50 minutes in moderate oven, if in loaves; 20 to 30 minutes if in layers.

GOLD CAKE

$\frac{1}{2}$ c. butter, scant	4 tsp. baking powder
$1\frac{1}{4}$ c. sugar	$\frac{1}{4}$ tsp. nutmeg
yolks of 4 eggs	2 c. flour
$\frac{1}{2}$ c. milk	

Cream butter, add sugar gradually and cream again. Add beaten yolks, milk, and flour mixed with baking powder and nutmeg. Bake in greased tins.

SILVER CAKE

$\frac{1}{2}$ c. butter	2 c. flour
$\frac{1}{4}$ c. sugar	$\frac{1}{2}$ tsp. flavoring
$\frac{1}{2}$ c. milk	whites 4 eggs
4 tsp. baking powder	

Cream butter, add sugar gradually and cream again. Add flour, mixed with baking powder and milk alternately, then flavoring. Beat well and fold in beaten whites. Bake in greased tins.

DEVIL'S FOOD

Part 1—

Roll 1 c. brown sugar, add 1 c. grated chocolate, and $\frac{1}{2}$ c. milk. Put in a dish over boiling water, let it melt, but not boil.

Part 2—

1 c. brown sugar	2 c. flour, measured
$\frac{1}{2}$ c. butter	before sifting
yolks of 2 eggs and	$\frac{1}{2}$ c. milk
1 whole egg	1 tsp. soda

Mix part 1 and 2, and bake in a moderate oven.

SOUR MILK GINGERBREAD

$\frac{1}{2}$ c. sour milk, cream, or buttermilk	1 tsp. soda
$\frac{1}{2}$ c. sugar	1 tsp. cinnamon
$\frac{1}{2}$ c. molasses	$\frac{1}{2}$ tsp. cloves
$\frac{1}{2}$ c. shortening	$\frac{1}{4}$ tsp. nutmeg
1 egg	$\frac{1}{4}$ tsp. ginger
$1\frac{1}{2}$ c. flour	$\frac{1}{8}$ tsp. salt

Cream butter and sugar, add egg, molasses and sour milk. Put spices and soda in flour, and salt last. Beat quickly; bake in a moderate oven about $\frac{1}{2}$ hr.

GINGERBREAD

$\frac{1}{2}$ c. sugar	1 tsp. soda
$\frac{1}{2}$ c. lard or butter	1 tsp. cinnamon
1 c. molasses	1 tsp. ginger
1 c. warm water	$\frac{1}{2}$ tsp. cloves
$2\frac{1}{2}$ c. flour	2 eggs well beaten
$\frac{1}{2}$ tsp. salt	

Mix in the order given, stirring as little as possible, and bake in a moderate oven for $\frac{1}{2}$ hour.

BOILED FROSTING

1 c. sugar	White of 1 egg
$\frac{1}{3}$ c. water	$\frac{1}{2}$ tsp. vanilla
$\frac{1}{8}$ tsp. cream of tartar	

Mix sugar, water and cream of tartar. Heat gradually and boil slowly without stirring until syrup will thread when dropped from tip of spoon or tines of silver fork. Pour gradually on white beaten very stiff, and continue beating until thick enough to spread, then add flavoring. If beaten too long, it will not be smooth. If not beaten long enough, the frosting will run.

BEATEN FROSTING

White of 1 egg	$\frac{1}{2}$ tsp. vanilla or
2 tsp. cold water	$\frac{1}{2}$ tsp. lemon juice
$\frac{3}{4}$ c. confectioner's sugar	

To unbeaten white, add water and then sugar gradually.

Beat 20 minutes. Then add flavoring. Use more sugar if necessary. Spread with a broad bladed knife.

CHOCOLATE FROSTING

2 squares chocolate	Yolk 1 egg
1 scant c. powdered sugar	$\frac{1}{2}$ tsp. flavoring
3 tbsp. milk	

Melt chocolate over hot water. Add one-half the sugar and all of the milk.

Add remaining sugar and slightly beaten yolk. Cook until it thickens, stirring constantly, cool slightly; flavor and spread on cake.

CARMEL FROSTING

$1\frac{1}{2}$ c. brown sugar	$\frac{1}{2}$ tbsp. butter
$\frac{3}{4}$ c. thin cream	

Boil all together until a ball can be formed when tried in cold water. Beat until thick enough to spread.

MILK FROSTING

$1\frac{1}{2}$ c. granulated sugar	1 tsp. butter
$\frac{1}{2}$ c. milk	$\frac{1}{2}$ tsp. vanilla

Melt butter, add sugar and milk. Stir until it begins to boil. Boil without stirring, 13 minutes. Remove from fire, and beat until ready to spread. Flavor. If liked $1\frac{1}{2}$ squares of chocolate melted may be added as soon as boiling point is reached.

FIG FILLING

$\frac{1}{2}$ lb. chopped figs	3 tbsp. boiling water
2 tbsp. sugar	1 tbsp. lemon juice

Cook in double boiler till medium thick. Spread between layers.

BUTTER FROSTING

4 tbsp. cream	1 tsp. vanilla
Confectioner's sugar	few grains of salt
4 tsp. melted butter	

Add sugar gradually to the cream, while beating constantly, until the mixture is of the right consistency to spread. Then add butter, salt and vanilla.

ICING FOR CAKE

- | | |
|------------------------|---------------|
| 1 cup sugar | 3 tbsp. water |
| 1 egg (white) unbeaten | |

Dissolve the sugar in the water in the top of the double-boiler, add the white of the unbeaten egg. Have the water boiling in the double-boiler and beat the mixture about 5 minutes or until it is the right consistency to put on the cake.

COOKIES

There are two classes of cookies, *rolled* and *dropped*.

In making cookies, care should be taken not to make them too stiff or they will be dry. Handle as little as possible to avoid making them tough. Roll only a part of the dough at a time, cutting the cookies as close together as possible. Place in the pans with an inch space between each cookie to retain the shape. Cookies require a hot oven, and should be removed from the pan while hot to prevent breaking.

DROP GINGER COOKIES

- | | |
|---------------|----------------------------|
| 1 c. molasses | 1 tsp. ginger |
| 1 c. fat | $\frac{1}{2}$ tsp. nutmeg |
| 1 c. sugar | 1 tsp. soda |
| 2 eggs | $\frac{1}{2}$ c. hot water |
| 4 c. flour | |

Cream the fat, add sugar, beaten eggs, molasses and water. Add the sifted dry ingredients. Drop from a spoon into pans. Bake in a moderate oven.

OAT-MEAL COOKIES

- | | |
|-----------------------------|-------------------------|
| $\frac{3}{4}$ c. shortening | 2 c. flour |
| 1 c. sugar | $\frac{3}{4}$ tsp. soda |
| 2 eggs | $\frac{1}{2}$ tsp. salt |
| $\frac{1}{4}$ c. sour milk | 1 tsp. cinnamon |
| 2 c. rolled oats | 1 c. raisins |

Mix in order given, mixing first the flour, soda, cinnamon and salt. Drop by teaspoonful on greased tin, and bake in a moderate oven.

To clean currants and raisins, pick off the stems and rinse

in a wire strainer till water comes through clean. Shake well to remove water and dry.

To stone raisins: Cover them with boiling water. When they become soft, make a slit lengthwise with a sharp knife and squeeze out the seeds.

Shortening means any kind or mixture of fats.

HERMITS

$\frac{1}{3}$ c. butter	$\frac{1}{3}$ c. raisins stoned and
$\frac{2}{3}$ c. sugar	chopped
1 egg	$\frac{1}{2}$ tsp. cinnamon
2 tbsp. milk	$\frac{1}{4}$ tsp. cloves
2 c. flour	$\frac{1}{4}$ tsp. mace
2 tsp. baking powder	$\frac{1}{4}$ tsp. nutmeg

Cream butter, add sugar gradually, raisins, beaten egg and milk. Mix and sift the dry ingredients and add to first mixture. Roll a little thicker than plain cookies. Cut and bake.

CRUMB COOKIES

$\frac{1}{2}$ c. lard	3 c. flour
1 c. sugar	2 tsp. cinnamon
$\frac{1}{2}$ c. molasses	1 tsp. cloves
$\frac{1}{2}$ c. cold water	1 tsp. soda
$1\frac{1}{2}$ c. dried cake crumbs	$\frac{1}{2}$ c. raisins
2 eggs	

Cream lard and sugar together, add molasses, cold water, cake crumbs and beaten eggs; then the flour mixed with the spices and soda, stir in the raisins cut in small pieces, and drop by spoonfuls on greased tins. Put a small drop of jelly in the center of each cake and bake in a moderate oven.

SAND TARTS

$\frac{1}{2}$ lb. butter (1 c.)	3 eggs
1 lb. brown sugar ($2\frac{2}{3}$ c.)	1 lb. flour (4 c.)

Cream the butter, add the sugar, beaten eggs, leaving out the white of one, and then the flour. Roll thin, cut into 3-inch squares. Brush with the white of egg and sprinkle with granulated sugar and cinnamon mixed. Put a nut or raisin in the center of each and bake in a quick oven.

SOUR MILK COOKIES

$\frac{1}{2}$ c. butter	1 c. sour milk
2 c. sugar	1 tsp. soda
2 eggs	About 4 c. flour

Mix in order given, mixing soda with 2 c. flour, then adding flour enough to roll. Turn on a floured board, roll about $\frac{1}{4}$ inch thick, cut and bake on floured tins.

SOUR MILK GINGER COOKIES

$\frac{1}{2}$ c. butter	2 tsp. ginger and nutmeg
1 c. sugar	$\frac{1}{2}$ c sour milk
1 c. molasses	2 tsp. cinnamon
1 egg	1 tsp. soda
Spk. cloves, allspice	Flour

Mix in order given, mixing the soda and spices with 2 c. flour, and continue as for sour milk cookies.

PLAIN COOKIES

$\frac{1}{2}$ c. butter	$\frac{1}{2}$ tsp. flavoring
1 c. sugar	4 tsp. baking powder
1 or 2 eggs	$\frac{1}{2}$ tsp. nutmeg
$\frac{1}{4}$ c. milk	$2\frac{1}{2}$ c. flour

Cream butter, add sugar, beaten eggs, milk, flavoring and flour, mixed with baking powder and nutmeg. Do not stir after the flour is mixed in. Turn on a floured board, roll, cut and bake on floured tins about 10 minutes.

DROP SUGAR COOKIES

$\frac{1}{2}$ c. butter	1 tsp. soda
2 c. sugar	$\frac{1}{2}$ tsp. salt
2 eggs	1 tsp. vanilla
$1\frac{1}{4}$ c. sour cream or milk	$3\frac{1}{4}$ to $3\frac{1}{2}$ c. flour

Cream butter and sugar together, add alternately the cream and dry ingredients which have been sifted together, and then the eggs beaten light without separating.

Drop from a spoon and sprinkle a little sugar over the top of each cake before baking. If cream is used, use less butter.

DROP BROWN COOKIES

2 eggs	1 tsp. soda
2 c. brown sugar	1 tsp. cinnamon
1 c. shortening (softened)	$\frac{1}{2}$ tsp. cloves
1 c. sour milk	$\frac{1}{2}$ tsp. nutmeg
Sift together—	3 (scant) c. flour
$1\frac{1}{2}$ c. chopped raisins and nuts	

Mix in the order given, and drop from a teaspoon, on a floured tin.

SPONGE DROPS

4 eggs	$\frac{3}{4}$ c. pastry flour
$\frac{1}{2}$ c. powdered sugar	1 tsp. flavoring
Spk. salt	

Mix as for sponge cake. Drop by spoonfuls on a greased pan. Sprinkle powdered sugar over them and bake 12 to 16 minutes in a very slow oven.

FRIED CAKES

Cakes cooked in deep fat should come quickly to the top of the fat, brown on one side, then be turned to brown on the other side.

If the fat is not hot enough, the doughnuts or fried cakes will absorb fat; if it is too hot, the doughnuts will brown before they have risen sufficiently. For notes on deep fat frying see page 63.

FRIED CAKES (SWEET MILK)

2 eggs (beaten without separating)	Sift together the following:
$\frac{1}{2}$ tsp. salt	$3\frac{3}{4}$ or 4 c. flour
1 c. sugar (pulverized)	5 tsp. baking powder
3 tbsp. melted butter or lard	$\frac{1}{4}$ tsp. cinnamon
1 c. sweet milk	$\frac{1}{4}$ tsp. nutmeg

(The cinnamon and nutmeg may be omitted and 1 tsp. vanilla used for flavoring.)

Beat eggs until light and lemon colored, add salt and sugar, then melted fat; add milk and flour alternately. This dough is very soft, and may be handled more easily if kept very cold.

Toss one-third of the mixture on the flour board; roll out and shape with a doughnut cutter and fry in deep fat.

Drain on brown paper. When ready to use shake in bag containing a small amount of powdered sugar.

POTATO FRIED CAKES

2 good sized potatoes	2 eggs
2 tbsp. butter	4 tsp. baking powder
1 c. sugar	$\frac{1}{2}$ tsp. salt
$\frac{1}{2}$ tsp. cinnamon or nutmeg	Flour.

Boil and mash potatoes, add butter, sugar, eggs and 2 c. flour mixed with salt and baking powder, then more flour to make a soft dough. Turn on a floured board, roll $\frac{1}{2}$ -inch thick, cut and fry.

SOUR MILK FRIED CAKES

$\frac{1}{4}$ c. shortening	1 tsp. soda
2 c. sugar	1 tsp. cream tartar
3 eggs	$\frac{1}{2}$ tsp. salt
1 pt. sour milk	Flour.
$\frac{1}{2}$ tsp. cinnamon or nutmeg	

Mix in order given, mixing soda, cream of tartar and salt with 2 c. flour, then more flour to make a soft dough. Turn on a floured board, roll about $\frac{1}{2}$ -inch thick, cut and fry.

CHAPTER XVI

PASTRY

Pastry should be handled as little, as lightly and as quickly as possible. Winter wheat flour should be used. Butter makes a crisp brown crust, lard a tender, white crust. The shortening and water should be cold and mixed into the flour with a knife, that the heat of the hands may not soften the shortening. Never use cheap materials for a pie. Pastry should be put into a hot oven, and then the heat lessened after a short time, to cook thoroughly and brown.

General proportions for pastry: Use one-third as much shortening as flour in making pastry, and 2 tbsp. water to each cup of flour.

PLAIN PASTE

1½ c. flour

½ c. lard

½ tsp. salt

Ice water

Mix flour and salt. Cut in the lard with a knife. Add water gradually, using only enough to moisten. Turn on a floured board and roll one-half of it for the lower crust, about ⅛ of an inch thick. Fit loosely on a pan, cutting around the edges with a knife. Brush the edge lightly with cold water to make the two crusts stick together. The pie is then ready to fill. After filling, roll out the rest of the dough, making incision in the center to allow the steam to escape. Fit the upper crust to the lower crust, cut the edges to fit the pan, and press them together to prevent the juices from escaping.

APPLE PIE

Pare and slice apples. Fill the lower crust, heaping slightly in the center. Sprinkle with sugar and nutmeg or cinnamon. Add a little flour, dot with butter, add a little water. Put on the upper crust and bake 35 to 40 min. To prevent the juice from running out of the center of the pie, insert a piece of macaroni in the center, or make a paper funnel, insert in the center. To prevent the juice from running from the edge of the pie, lay a narrow strip of damp cloth around the edge before baking.

LEMON PIE

1 c. sugar	yolks of 2 eggs
2½ tbsp. cornstarch	grated rind and juice of 1
1 c. boiling water	lemon
1 tsp. butter	

Mix sugar and cornstarch. Add boiling water, stirring constantly. Cook 2 min., add butter, slightly beaten yolks and lemon. Pour into a crust, which has been previously baked. Cool slightly and cover with meringue, and brown.

MERINGUE

Whites of 2 eggs	2 tsp. lemon juice, or ¼ tsp.
4 tbsp. powdered sugar	vanilla

Beat whites until stiff, add sugar gradually and flavoring. Spread on pie and bake slowly until brown.

CUSTARD PIE

2 eggs	1½ c. milk
3 tbsp. sugar	Few gratings of nutmeg
⅛ tsp. salt	

Beat eggs slightly, add sugar, salt and milk. Line a deep pie tin with pastry and build up a fluted or high rim. Strain the mixture and sprinkle with the nutmeg. Bake in a quick oven to set the rim, decrease the heat afterwards, as egg and milk in combination need to cook at a low temperature.

BUTTER SCOTCH PIE

1 c. boiling water	2 eggs
1 c. brown sugar	3 tbsp. flour
1 tbsp. butter	1 c. milk

Cook water, sugar and butter until they form a heavy syrup; cool. Add the flour to the well-beaten egg yolks, still until smooth, then add milk. Combine the two mixtures and cook until thick, stirring constantly. Fill a baked pastry shell with this mixture and cover with meringue made from two egg whites.

COCOA MARSHMALLOW PIE

4 tbsp. cocoa	1 tsp. butter
4 tbsp. cornstarch	1 tsp. vanilla
$\frac{1}{2}$ c. sugar	spk. salt.
2 c. milk	

Mix cocoa, cornstarch and sugar. Add milk slowly, cook $\frac{1}{2}$ hr. in a double boiler, add salt, butter and vanilla. Cool; put into a baked pastry shell. Cut marshmallows into strips, arrange on top of the pie, sprinkle with cocbanut, and brown in the oven quickly.

PUMPKIN OR SQUASH PIE

$1\frac{1}{4}$ c. steamed and strained squash or pumpkin	$\frac{7}{8}$ c. milk $\frac{1}{4}$ tsp. cinnamon, ginger, nut- meg or $\frac{1}{2}$ tsp. lemon ext.
$\frac{1}{4}$ c. sugar	
$\frac{1}{2}$ tsp. salt	1 egg

Mix sugar, salt and spices or extract. Add squash, egg, slightly beaten and milk gradually. Bake in one crust, following directions for custard pie.

GREEN TOMATO MINCE MEAT

$\frac{1}{2}$ pk. green tomatoes, ground or chopped fine. Add $\frac{1}{2}$ c. salt, mix well and drain in a bag over night.

Place in a granite kettle, add 1 pt. water, 1 pt. vinegar. Boil 15 min. Drain in bag 2 hrs. Put in kettle, add $2\frac{1}{2}$ lbs. brown sugar, 1 lb. raisins, $\frac{1}{2}$ lb. currants, 1 c. vinegar and boil 1 hr. Add $\frac{1}{2}$ lb. beef suet ground or chopped fine, 1 tbsp. cinnamon, 1 tbsp. cloves, 1 tbsp. nutmeg. Boil 15 min. longer. Seal. This makes 5 pts.

CRANBERRY TARTS

Line a pan with pastry. Fill with stewed sweetened cranberries. Lay strips of crust, lattice fashion over the top and bake.

FRUIT PIES OF ALL KINDS

Use about 3 c. prepared fruit for each pie. Heap fruit in center. Sprinkle with sugar to sweeten; if juicy, add 1 tsp. of flour with sugar.

CHAPTER XVII

SIMPLE DESSERTS

Desserts are placed at the end of the meal because they are sweet and should be simple or elaborate to correspond with the rest of the meal.

A simple dessert is one containing a small amount of sugar and fat.

STEAMING

A mould or tightly covered tin can may be used for batters, while doughs may be placed in the bottom of a steamer. The mould and cover should be thoroughly greased, and if it has no cover a piece of strong paper, greased, may be tied over the top. Place the mould in a steamer over boiling water or on a rack in a kettle of boiling water. Keep the water boiling and as it evaporates, fill with more boiling water. Fill the mould a little more than half full.

SUET PUDDING

2½ c. flour	½ tsp. ginger
1 tsp. soda	1 c. suet, chopped
½ tsp. salt	1 c. raisins, chopped
1 tsp. cinnamon	1 c. currants
½ tsp. nutmeg	1 c. milk
½ tsp. cloves	1 c. molasses

Mix in order given, pour into buttered mold, cover and steam 3 hrs.

LEMON SNOWBALLS

3 eggs beaten separately	Grated rind and juice ½ lemon
1 c. sugar	1 c. flour
3 tbsp. water	1 tsp. baking powder

Beat yolks, add sugar, lemon rind and juice, and water, then flour mixed with baking powder. Fold in beaten whites and steam in buttered cup ½ hour. Serve with lemon sauce.

APPLE DUMPLINGS

2 c. flour	2 tbsp. shortening
4 tsp. baking powder	1 scant c. milk
1/2 tsp. salt	3 apples

Mix as for baking-powder biscuits. Roll $\frac{1}{4}$ inch thick. Put saucer on dough, and cut around with a knife. Place on this dough sliced apples. Sprinkle with sugar, fold the dough over the apple, pinching it down thoroughly. Steam 1 hour and serve with a sauce or cream, or place in a baking dish and pour over them a syrup with 1c. sugar, 2 c. boiling water and 1 tbsp. butter. Bake 45 minutes, covering the first half hour.

GRAHAM PUDDING

$\frac{1}{4}$ c. butter	$1\frac{1}{2}$ c. graham flour
$\frac{1}{2}$ c. milk	$\frac{1}{2}$ tsp. soda
$\frac{1}{2}$ c. molasses	1 tsp. salt
1 egg	1 c. raisins chopped

Melt butter, add milk, molasses and beaten egg, mixed dry ingredients and floured raisins. Pour into a buttered mold, cover and steam $2\frac{1}{2}$ hrs. Serve with sauce. Individual molds require 1 hr.

DUTCH APPLE CAKE

2 c. flour	4 tbsp. butter and lard mixed
3 tsp. baking powder	1 c. milk
$\frac{1}{2}$ tsp. salt	1 egg
2 apples	

Mix dry ingredients, cut in the butter, add milk and beaten egg. Spread on greased shallow pans. Pare, core and cut apples in slices, laying them in rows on top of the dough, pressing in lightly. Sprinkle top with sugar and cinnamon mixed, and bake in a hot oven from 20 to 30 minutes. Serve with sauce.

PEACH COBBLER

1 c. flour	6 or 8 peaches
2 tsp. baking powder	2 tbsp. butter
$\frac{1}{4}$ tsp. salt	$\frac{3}{4}$ c. milk

Mix as for baking powder biscuit. Pare and slice peaches and put in the bottom of a baking dish. Add 1c. sugar and $\frac{1}{2}$ c. water. Cover with batter and bake 30 minutes in a moderate oven. Serve with cream and sugar. Canned or dried peaches or berries may be used.

COTTAGE PUDDING

1 egg	2 c. flour
$\frac{3}{4}$ c. sugar	4 tsp. baking powder
3 tbsp. melted butter	$\frac{1}{2}$ tsp. salt
1 c. milk	

Beat egg, add sugar, melted butter and milk, then flour mixed with salt and baking powder. Beat and bake in a shallow greased pan and serve with lemon sauce.

SHORT CAKE

Wash strawberries before hulling. Peaches, oranges, pineapples and red raspberries may also be used for short cake. If the fruits are not juicy, sugar and a little water may be added. Let them stand a short time before using.

STRAWBERRY SHORT CAKE

2 c. flour	2 tbsp. lard
4 tsp. baking powder	2 tbsp. butter
$\frac{1}{2}$ tsp. salt	1 scant c. milk

Mix as for baking powder biscuit, roll $\frac{3}{4}$ inch thick and bake in a quick oven. Split carefully with a thread or hot knife and spread with butter. Sweeten strawberries to taste, crush slightly and put them between and on top of the cake.

To make individual short cake, pat the dough a little thinner than for short cake. Cut with a cookie cutter. Place one on top of another with melted butter between them. They will come apart very easily.

Short cake dough is the same as biscuit dough with more shortening added.

BROWN BETTY

4 slices bread, buttered	1 c. milk or water
4 apples	$\frac{1}{2}$ tsp. cinnamon
1 c. sugar	

Put a layer of bread in a buttered baking dish, then a layer of sliced apple. Sprinkle with sugar and spice, continuing until bread, apples and sugar is used. Pour milk or water over it, and bake until apples are soft. Lemon juice may be added.

CREAMY RICE PUDDING

$\frac{1}{2}$ c. rice	$\frac{1}{2}$ tsp. salt
$\frac{1}{2}$ c. sugar	1 qt. milk

Wash rice, mix ingredients, pour into a pudding dish. Bake from 2 to 3 hours in a very slow oven at first, then let it brown slightly. Serve hot or cold.

RICE PUDDING

2 c. cooked rice	$\frac{1}{2}$ c. sugar
$\frac{1}{2}$ c. raisins	Vanilla or cinnamon
1 c. milk	

Mix all together, put into a pudding dish and bake until brown. An egg, thoroughly beaten may be added if desired.

PRUNE SOUFFLE

$\frac{1}{2}$ lb. prunes	Whites of 3 eggs
1 c. sugar	

Cook prunes until very tender. Put through a sieve. When cool, add sugar and beaten whites. Bake in a buttered pan set in a pan of hot water in a moderate oven about 20 min. For prune whip, use whites of two eggs, cut prunes instead of straining and do not bake.

BAKED CUSTARD

1 pt. milk	6 tbsp. sugar
2 or 3 eggs	$\frac{1}{8}$ tsp. salt

Scald the milk. Add sugar and salt to the beaten eggs, and pour the milk slowly over them. Put in a buttered baking dish, grate nutmeg over the top. Set the dish in a pan of hot water, and bake till a silver knife, when inserted, will come out clean. If baked too long the custard will separate and become watery.

For rice pudding, baked custard, blanc mange and tapioca cream, a variation may be made by adding one square of chocolate. This should be added to the other ingredients before cooking.

COOKED CUSTARD OR FLOATING ISLAND

2 c. milk	$\frac{1}{2}$ c. sugar
Yolks of 3 eggs or 2 whole eggs	$\frac{1}{8}$ tsp. salt $\frac{1}{4}$ tsp. vanilla

Heat the milk in a double boiler. Beat eggs slightly, add sugar and salt. Pour the hot milk gradually on the eggs, stirring constantly. Cook in a double boiler till the mixture thickens and a coating is formed on the spoon. Take custard from the fire before it is done, as the heat of the boiler cooks it even while it is being turned out. If it begins to curdle, set the upper part of the double boiler immediately into a pan of cold water and beat with a Dover egg beater. Strain if necessary, cool and flavor. Beat the whites of eggs and sweeten with powdered sugar, using 1 tbs. of sugar for each egg. Put in a pan on top of hot water, and bake in the oven till brown, or cook by dropping from a spoon in hot water, on the top of the stove. Serve on the custard.

CARAMEL CUSTARD

$\frac{1}{4}$ c. sugar	$\frac{1}{8}$ tsp. salt
2 c. hot milk	$\frac{1}{2}$ tsp. vanilla
2 beaten eggs	

Melt sugar as for caramel syrup, add slowly the scalded milk, cook till sugar melts. Pour slowly over the beaten eggs, add flavoring. Pour into buttered cups and bake as baked custard.

APPLE TAPIOCA

$\frac{3}{4}$ c. tapioca	$\frac{1}{2}$ c. sugar
3 c. boiling water	5 apples
$\frac{1}{2}$ tsp. salt	

If *pearl tapioca* is used, soak in cold water over night or several hours. *Minute tapioca* need not be soaked. Pour over it the boiling water and cook in a double boiler until transparent. Stir often, and add salt. Pare and slice apples, put into a baking dish, sprinkle over them the sugar, and if liked, lemon juice. Pour over them the tapioca and bake until apples are very soft. Serve hot or cold. A delicious variation can be made by using half pears or canned quinces and half apples.

TAPIOCA CREAM

$\frac{1}{4}$ c. pearl tapioca	$\frac{1}{3}$ c. sugar
1 pt. milk	$\frac{1}{8}$ tsp. salt
2 eggs	$\frac{1}{2}$ tsp. vanilla

Soak tapioca in enough hot water to cover, in the top of the double boiler, placed on the back of the stove. When the water is absorbed, add the milk and cook until the tapioca is transparent and soft. Add sugar and salt to the beaten yolks. Pour the boiling mixture slowly on them, return to the double boiler and cook 2 min. or till it thickens slightly. Remove from the fire, add the flavoring and beaten whites. Cool and serve.

BLANC MANGE

$\frac{1}{4}$ c. cornstarch	1 pt. milk
$\frac{1}{2}$ c. sugar	Lemon rind or cinnamon stick
$\frac{1}{8}$ tsp. salt	

Mix cornstarch, sugar and salt. Add scalded milk, lemon rind or cinnamon stick. Cook 20 minutes in a double boiler. Remove rind or cinnamon stick and pour into molds, wet with cold water. Cool and serve with cream and sugar or boiled custard.

FRUIT PUDDING

1 c. cooked fruit	$\frac{1}{2}$ c. sugar
1 tbs. lemon juice	Spk. cinnamon
$1\frac{1}{3}$ c. boiling water	$\frac{1}{3}$ c. cornstarch

Add sugar, cinnamon and water to fruit. Thicken with cornstarch wet in a little cold water. Cook over fire till thick, then over hot water, 20 minutes. Add lemon juice. Serve cold with cream.

ORANGE CORNSTARCH

2 or 3 oranges	2 c. milk
4 tbs. cornstarch	1 tsp. vanilla
$\frac{1}{2}$ c. sugar	1 egg
$\frac{1}{8}$ tsp. salt	

Slice the oranges in the bottom of a baking dish and sprinkle with 3 tbs. sugar.

Mix the cornstarch, sugar, and salt thoroughly. Pour the scalded milk over it, and cook till it thickens. Add the yolk of

the egg when slightly cooled and the vanilla. Pour this blanc mange over the oranges. Beat the white of the egg till stiff on a plate, add 1 tbsp. powdered sugar. Spread this lightly over the pudding and bake in the oven till a delicate brown.

INDIAN CORN PUDDING

1 pt. milk	$\frac{1}{2}$ c. molasses
$\frac{1}{2}$ c. flour	$\frac{1}{2}$ c. suet
$\frac{1}{2}$ c. corn meal	$\frac{1}{2}$ tsp. salt
$\frac{1}{2}$ c. sugar	$\frac{1}{2}$ tsp. cinnamon
2 eggs	

Put half of the milk in the double boiler. Mix remainder of milk, flour and corn meal, add to the milk in the boiler. When thick, take from the fire, and add rest of the ingredients. Bake 1 hour.

GELATINE DESSERTS

LEMON JELLY

2 tbsp. gran. gelatine	1 c. sugar
$\frac{1}{2}$ c. cold water	$2\frac{1}{2}$ c. boiling water
Juice of $\frac{1}{2}$ lemon	

Soak gelatine in the cold water until soft. Add boiling water. When gelatine is dissolved, add sugar and strained lemon juice. Strain carefully into a wet mold and set aside to stiffen.

SNOW PUDDING

$\frac{1}{4}$ box gelatine (Knox)	1 c. sugar
$\frac{1}{4}$ c. cold water	4 tbsp. lemon juice
1 c. boiling water	Whites 3 eggs beaten stiff

Soak the gelatine in cold water 10 min. Add the boiling water, sugar and lemon juice. Stir until the sugar is dissolved. Cool until like thick cream stirring occasionally. Then beat the whites of eggs. Add to the gelatine and whip in lightly. When it commences to thicken, pour into a wet mould and set on ice until firm. Serve with a boiled custard made from the yolks of the eggs.

CHARLOTTE RUSSE

1 tbsp. granulated gelatine	$\frac{2}{3}$ c. sugar
$\frac{1}{4}$ c. cold water	$\frac{1}{4}$ c. heavy cream
$\frac{1}{4}$ c. hot milk	vanilla

macaroons, lady fingers or sponge cake

Soak gelatine in cold water, add hot milk and sugar. Stir till dissolved, strain and cool. Beat cream until solid and add gelatine mixture spoonful at a time. Flavor. Line a mold wet in cold water with cake and fill with cream. Chill on ice.

PUDDING SAUCES

CARAMEL SAUCE

$\frac{1}{2}$ c. sugar	$\frac{1}{2}$ c. boiling water
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Put sugar into a frying pan and stir with a buttered spoon over a slow fire till melted. Add water and simmer 10 minutes.

HARD SAUCE

$\frac{1}{3}$ c. butter	1 c. powdered or granulated
$\frac{2}{3}$ tsp. lemon extract or vanilla	sugar

Cream butter, add sugar gradually and flavoring. Cool and serve in balls. When butter and sugar are creamed the beaten white of one egg may be added. Cool and serve.

CREAMY SAUCE

$\frac{1}{4}$ c. butter	4 tbsp. cream
$\frac{1}{2}$ c. powdered sugar	1 tsp. vanilla

Cream the butter. Add sugar gradually and the cream drop by drop. Set over hot water and heat till smooth and creamy, but do not melt the butter. Flavor.

FOAMY SAUCE (LARGE AMOUNT)

$\frac{3}{4}$ c. sugar, 1 tbsp. butter, cream together, thoroughly. When ready to use add 1 whole egg, beaten, and beat all together until light, add $\frac{1}{2}$ tsp. vanilla, and $\frac{1}{4}$ or $\frac{1}{2}$ pt. cream whipped.

BROWN SUGAR PUDDING SAUCE

2 tbsp. butter	1 c. brown sugar
4 tbsp. flour	2 tbsp. lemon juice
1½ c. hot water	or 1 tsp. vanilla

Melt butter, add flour and then hot water gradually. Cook until thick and smooth and add sugar. Stir until sugar is melted, add lemon juice and serve hot.

LEMON SAUCE

2 c. hot water	Grated rind and juice of 1
1 c. sugar	lemon or 2 oranges
2 tbsp. cornstarch	1 tbsp. butter

Mix sugar and cornstarch and pour over them the boiling water. Cook ten minutes, remove from the fire and add the lemon rind, juice and butter. Stir till butter is melted and serve.

FROZEN DESSERT

When ice and salt are mixed, a double action takes place. The salt makes the ice melt and the melting ice dissolves the salt. If packed around some other liquid, they draw the heat from it so fast that it freezes. Melting ice and salt reaches a temperature of about 10 degrees F. (above zero), while the freezing point of water alone is 32 degrees F. This is why a mixture of salt and ice is used to freeze ice cream.

To pack the freezer. Adjust before starting to pack. Put the ice into a strong canvas bag and pound very fine. Use rock salt, fine salt will not answer the purpose. Fill the space between can and pail with alternate layers of ice and salt, using three measures of ice to one of salt.

The ice and salt should come a little above the height at which the cream will stand in the can. Pack ice and salt solidly, turning crank a few times to let the mixture settle. Turn the crank slowly and steadily for twenty minutes. When freezing is accomplished, remove dasher and with a spoon pack the ice cream. Draw off the water, repack the freezer, using four measures of ice to one of salt, and let stand from one to three hours to ripen.

ICE CREAM

2 tbsp. flour	1 pt. milk
1 c. sugar	1 pt. cream
$\frac{1}{8}$ tsp. salt	1 tbsp. cream
1 egg	1 tbsp. vanilla

Mix flour, sugar and salt. Add scalded milk gradually. Cook over hot water 15 min., stirring constantly at first. Stir in the egg; cook same. Cool, add cream and flavoring. Strain and freeze.

PINEAPPLE SHERBET

1 pt. pineapple, shredded	white of 1 egg
1 qt. boiling water	juice and grated rind of 1
2 c. sugar	lemon

Make a syrup of water and sugar, add pineapple and lemon juice.

When cool put in can of freezer and when partly frozen add beaten white of egg. Continue freezing until stiff. Let stand 1 or 2 hours to ripen.

LEMON ICE

4 c. water	$\frac{3}{4}$ c. lemon juice
2 c. sugar	grated rind of 2 lemons

Boil sugar and water for 10 minutes. Add lemon juice and rind, cool, strain and freeze.

Other fruits may be used allowing the same proportions of juice and water, as given in Lemon Ice.

MILK SHERBET

1 qt. milk	4 lemons
$1\frac{1}{2}$ c. sugar	White of 1 egg

Beat white of egg and add sugar, lemon juice and milk. Freeze.

STRAWBERRY ICE CREAM

1 qt. cream	2 c. sugar
$1\frac{1}{2}$ qts. strawberries	

Hull berries, sprinkle with half the sugar, mash and rub

through a strainer. Scald one-half the cream with the remaining half of the sugar. When the sugar is dissolved, cool and add the rest of the cream and berries. Freeze.

CHOCOLATE ICE CREAM

2 oz. chocolate	2 tbsp. flour
2 tbsp. sugar	1 pt. milk
2 tbsp. hot water	1 c. sugar
1 pt. cream	$\frac{1}{4}$ tsp. salt
2 eggs	

Beat eggs. Mix flour and 1 c. sugar; add to eggs. Then add milk. Cook in double boiler 10 minutes. Melt chocolate, add the 2 tbsp. sugar and hot water; cook until glossy, then add egg mixture. Cool; add cream and salt. Freeze.

APRICOT ICE CREAM

1 can apricots—large	2 qts. milk
Sugar	

Put apricots thru sieve. Add fruit to milk; also sugar. Make very sweet as during freezing some sweetness is lost. Freeze. Cream may be substituted for all or part of the milk if desired.

CONDENSED MILK ICE CREAM

1 c. sugar	1 egg (well beaten)
1 tall can condensed milk	Juice of 1 lemon
$\frac{1}{2}$ pt. table cream	

Mix all together. Strain and add 1 pt. fruit either mashed or cut into small pieces. Freeze in usual manner.

CHAPTER XVIII

SANDWICHES

Bread for sandwiches should be at least a day old and cut in thin slices. Use butter creamed until very soft as it spreads more easily and takes less butter.

Fit slices of bread carefully together. Removes crusts if desired or cut sandwiches into fancy shapes with a cookie cutter. Have plenty of filling, but be careful it does not come out on the edges.

Sandwiches for a picnic can be kept moist by wrapping them in waxed paper. For a luncheon, place in bowl covered with a slightly dampened cloth and put them in a cool place.

LETTUCE SANDWICHES

Shred lettuce and put a little on the buttered bread. Dot with salad dressing, cover with lettuce and press on the other slice of bread. Trim edges of lettuce with scissors and cut in half.

EGG SANDWICHES

Chop cold hard-cooked eggs, moisten with salad dressing and spread thinly between slices of buttered bread. One egg makes three sandwiches.

HAM SANDWICHES

Mince cold boiled ham and moisten with salad dressing or melted butter and spread between buttered bread; or put cold boiled ham sliced very thinly between slices of buttered bread. One tbsp. of minced ham makes one sandwich.

RELISH SANDWICHES

Chop olives, pickles and English walnuts very fine and moisten with salad dressing. Spread thinly between slices of buttered bread.

Pimentos may be added.

BROWN BREAD SANDWICHES

Mash Neufchatel cheese, add chopped olives and spread thinly between slices of buttered brown bread.

LETTUCE, CREAM CHEESE AND PIMENTO SANDWICHES

Allow 2 pimentos to one-half pound of cream cheese. Cream the cheese, chop pimentos fine and add to cheese. With a dough-nut cutter, stamp out rings of bread from a slice of bread. Spread these with chili sauce salad dressing and then with cream cheese mixture. Set a leaf of lettuce between each two rounds to show through hole in center.

HONEY AND NUT SANDWICHES

Grind English walnut meats or chop very fine; add to honey until a paste is formed. Spread between thin slices of buttered bread.

Raisins, dates or figs may be chopped and mixed with ground nut meats to form a paste for sandwiches. Brown or graham bread may be used instead of white.

CHEESE RELISH SANDWICHES

$\frac{1}{2}$ c. cottage cheese	$\frac{1}{2}$ slice pimento
6—8 English walnut meats	1 sprig parsley
2 small sweet pickles	

Mince the pickles, nut meats, parsley, pimento. Combine with the cottage cheese, and spread on the bread.

CHAPTER XIX

CANDY

PROPERTIES OF SUGAR

Pure cane sugar consists of a mass of white crystals. It is very sweet in taste. It dissolves readily in cold water and more rapidly in warm or hot water.

When heated from 320° F. to 376° F. sugar melts into a clear, colorless liquid which gradually turns to an amber hue.

If at this point it is cooled, it hardens into a glassy mass, transparent and brittle, called "Barley Sugar." If heated to a higher degree (420°F.) it turns brown, becomes less sweet and takes on a bitter flavor. This is called "Caramel."

PEANUT BRITTLE—1

- | | |
|-----------------------|---------------|
| 1 c. granulated sugar | Pinch of salt |
| 1 c. shelled peanuts | |

Remove skins from nuts and spread on a buttered pie tin. Carmelize the sugar; that is, melt it carefully and slowly and when entirely melted add salt and pour over the nuts.

CHOCOLATE FUDGE

- | | |
|-----------------------|-----------------------|
| 2 c. granulated sugar | $\frac{1}{2}$ c. milk |
| 2 sqrs. chocolate | 1 tbsp. butter |

Put sugar, chocolate and milk together in a saucepan and cook over fire, stirring constantly, until when tried in cold water the mixture will form a soft ball. Remove from fire, add butter and beat vigorously until creamy. When it begins to harden, pour out quickly into buttered pans.

BUTTER SCOTCH

- | | |
|---------------------------|-------------------------|
| 1 c. sugar | 2 tbsp. boiling water |
| $\frac{1}{4}$ c. molasses | $\frac{1}{2}$ c. butter |
| 2 tbsp. vinegar | |

Boil ingredients together until when tried in cold water the mixture will become brittle. Turn into a well-buttered pan; when slightly cool mark with a sharp pointed knife into squares.

PANOCHE

1 c. brown sugar $\frac{1}{2}$ tbsp. butter

$\frac{1}{4}$ c. milk $\frac{1}{4}$ c. nut meats

Mix sugar, milk and butter. Cook as for fudge and before turning into pan add nuts.

GLACE NUTS

1 c. sugar scant $\frac{1}{2}$ c. water spk. cream of tartar

Boil slowly without stirring until syrup begins to discolor, which is 310°F . Remove from fire, and place in pan of cold water to stop boiling; then place a pan of hot water during dipping. Without moving more than is necessary, drop in one nut at a time and remove to waxed paper or a buttered plate. Let it get very cold.

UNCOOKED FONDANT

White of 1 egg 2 tsp. cold water

About 1 c. confectioner's sugar

Add water to the unbeaten egg, then sugar slowly, stirring constantly until stiff enough to mould.

This may be used as a foundation for many candies, used in combination with nuts, dates, figs, grapes, pineapple, or dipped in chocolate.

COOKED FONDANT

1 lb. granulated sugar $\frac{3}{4}$ c. water

Stir until sugar is dissolved, but not after it begins to bubble. When it first bubbles, add $\frac{1}{8}$ tsp. of cream of tartar. Boil, without stirring. When it forms a soft ball between the fingers in cold water, remove from the fire. During the boiling if crystals form on the side of the pan, wipe off with a damp cloth. Pour into a platter or on a marble slab and leave undisturbed until nearly cold. Work back and forth until creamy. Flavor to taste and shape. This may be kept several days before shaping, if covered with a damp cloth.

To make mints, melt fondant, add flavoring and coloring. Pour from a teaspoon on to waxed paper. Let stand till cool.

TO DIP CHOCOLATE

Put chocolate broken in pieces, in a dish set over hot water. Add a few gratings of paraffin. As soon as chocolate is melted

dip creams made in desired shapes into it, until all sides are covered. Let drip a few moments and place carefully on oiled paper. The paraffin makes the chocolate harden.

STUFFED DATES

Wash and remove stones from dates. Stuff with nuts or rolls of cream candy and roll in granulated sugar.

SEA FOAM CANDY

1 c. brown sugar	$\frac{2}{3}$ c. water
1 c. white sugar	white of 1 egg

Boil together until the syrup threads from a fork. Beat the white of egg and pour the boiling syrup over it gradually, beating all the time. Beat until it drops from the spoon without running.

PUFFED RICE BRITTLE

Boil together 1 c. granulated sugar, $\frac{1}{2}$ c. water and 1 tsp. vinegar for 5 minutes. Then add 2 tbsp. molasses, 1 tbsp. butter and $\frac{1}{2}$ tsp. salt. Boil until a few drops in cold water becomes hard and brittle. Take from the fire, stir in $\frac{1}{2}$ package puffed rice previously crisped in the oven, and spread in a dish to cool, or roll into balls.

PEANUT BRITTLE—II

1 c. granulated sugar	$\frac{1}{8}$ tsp. soda
$\frac{1}{2}$ c. roasted, chopped peanuts	

Caramelize the sugar. Stir in the soda, stir in the nuts. When through foaming turn it on a well-buttered marble or metal surface. When cooled a little at the edges, take hold of it at the edges and pull as thin as possible.

POPCORN BALLS

$1\frac{1}{4}$ c. molasses	$\frac{1}{2}$ tbsp. vinegar
$\frac{1}{4}$ c. brown sugar	$\frac{1}{2}$ tbsp. butter
3 qts. popped corn	

Boil the molasses, sugar, vinegar and butter until the syrup is almost brittle when dropped in cold water. Salt the popcorn lightly. Pour the syrup over about two-thirds of the corn. Shape large spoonfuls into balls and roll in the dry pop corn until no more will stick to the balls. Wrap in waxed paper.

STEAMED FIGS

Steam bag figs until plump, after they are cool fill with half a marshmallow.

CHAPTER XX

CANNING

METHODS OF CANNING

There are two general methods of canning: *the open kettle or hot-pack method and the cold-pack method.*

HOT-PACK METHOD OF CANNING

The food material is cooked thoroughly and is packed, boiling hot, into hot sterilized jars and then sealed. Fruit canned by this method will keep, but vegetables, other than tomatoes, will not.

SELECTION OF JARS AND RUBBERS

Fruit jars should be examined and defective ones discarded. It is far better to use new rubbers than to run the risk of old ones.

TO STERILIZE JARS AND RUBBERS

Jars, tops and rubbers should be thoroughly washed and sterilized. To sterilize them fill the jars with cold water, place them with the covers on a rack in a pan of cold water, the water completely covering them. Bring to a boil gradually and continue to boil for 10 or 15 minutes. Empty and fill with fruit while hot. Dip the rubbers in boiling water before sealing.

TEST FOR RUBBERS

1. Pull hard and if rubber springs back to original shape it is good.
2. Press a fold in the rubbers; turn and press in same place—if no crease remains the rubber is good.
3. A dozen new rubbers should not be more than one inch in thickness.

GENERAL RULE FOR CANNING FRUIT

Allow from $\frac{1}{3}$ to $\frac{1}{2}$ lb. of sugar to every pound of fruit, and from $1\frac{1}{2}$ to 2 c. of water to every pound of sugar. Boil the sugar and water 10 minutes, add fruit and cook until tender. Place the sterilized jars on a wet cloth, fill with fruit and overflow with syrup, force out all air bubbles, adjust sterilized rubbers and covers.

CANNED PEARS

Wipe and pare fruit. Cook whole with stems left on, or remove stems cut in halves, and core. Follow general rule for canning fruit. A small piece of ginger root or a few slicings of lemon rind may be cooked with syrup. Bartlett pears are best for canning.

CANNED PINEAPPLES

Pare and remove eyes from pineapples then cut in $\frac{1}{2}$ -inch slices, and slices in cubes, at the same time discarding the core. Follow general rule for canning fruit.

CANNED CHERRIES

Use large white or red cherries. Wash, remove stems, pit if desired, then follow general rule for canning.

CANNED PEACHES

Wipe peaches and pare, or if the peaches are firm and solid, put in boiling water, allowing them to stay just long enough to loosen the skins. Remove skins and cook fruit at once following the general rule given above.

CANNED TOMATOES

Pour boiling water over tomatoes. Remove the skin and hard, green stems, put in a granite kettle and boil twenty minutes, skimming often during the cooking. Fill sterilized jars. Dark jars are better for tomatoes than clear ones. Seal at once.

COLD-PACK METHOD OF CANNING

The Cold-pack process is divided into five steps:

1. *Blanching*: The food is blanched, i. e., cooked for a certain period of time in boiling water or in a steamer.
2. *Cold Dipping*: It is then cold dipped, i. e., plunged into cold water and drained.
3. *Packing*: The vegetables or fruits are then packed in clean hot jars. Hot water (1 tsp. salt to each qt. jar, $\frac{1}{2}$ tsp. to each pt. jar), for vegetables, and syrup for fruits is usually added to fill jar, the rubbers and tops adjusted so as partially to seal.
4. *Cooking*: The cans are placed on a rack in boiling water

which completely covers them 2 or 3 inches. They are boiled for the required length of time. (Consult a canning time table.)

5. *Sealing*: When cooked the required length of time, the jars are lifted out of the water, the lid immediately tightened to seal completely and stood upside down to cool. In this way, leakage can be detected.

CANNING WITHOUT SUGAR

Fruits and fruit juices can be completely and successfully sterilized without sugar by placing the filled jars in a kettle of hot water and cooking for thirty minutes. These can be sweetened at the time of using, or if plenty of sugar is available, may be made into jelly or jam.

FRUIT AND VEGETABLE CANNING CHART

BASED ON HOME CANNING WORK CONDUCTED BY
THE AGRICULTURE DEPARTMENT OF
THE FEDERAL GOVERNMENT

Products to be Canned	Preparations	Boiling Water or Syrup	Processing or Cooking Period
Soft Fruits: Strawberries Dewberries Blackberries Blueberries Peaches Apricots Sweet Cherries Plums	Grade, rinse, stem, pack whole Grade, rinse, seed, skin or pit. Pack cherries whole, peaches and apricots pack in half.	3 cups sugar to 3 cups water. Boil for 4 min. or until 104 degrees C. or 219 degrees F. is registered.	Hot water bath, strawberries 8 min., other fruits 16 min.
Sour Berry Fruit: Currants Gooseberries Cranberries Sour Cherries	Stem, pit, blanch in hot water 1 min. Dip quickly into cold water. Pack whole closely.		Hot water bath 16 minutes.
Hard Fruits: Apples Pears Quinces	Grade, blanch 1½ min. in hot water dip quickly into cold water. Skin, core, pack whole, quartered or sliced.		Hot water bath 20 minutes.

FRUIT AND VEGETABLE CANNING CHART

(Continued)

Products to be Canned	Preparations	Boiling Water or Syrup	Processing or Cooking Period
Vegetable Greens: Asparagus Spinach Cauliflower Brussels Sprouts Beet Tops Swiss Chard Kale French Endive Dandelion	Blanch in steam from 15 to 20 min. Dip into cold water. Cut in convenient sizes. Pack tight, season to taste.	Fill jar with boiling water. Add $\frac{1}{2}$ tsp. salt to 1 pt. jar or 1 tsp. to 1 qt. jar.	Hot water bath 90 min., except cauliflower, 120 minutes.
Tomatoes:	Scald long enough to loosen skins. Dip quickly into cold water, core and skin. Pack whole.	Add 1 tsp. salt to 1 qt. jar or $\frac{1}{2}$ tsp. salt to 1 pt. jar.	Hot water bath 22 min.
Corn:	Blanch on cob from 3 to 5 min. Dip quickly into cold water. Cut from cob with sharp knife; pack loosely.	Fill jar with boiling water. Add 1 tsp. salt to 1 qt. jar or $\frac{1}{2}$ tsp. salt to 1 pt. jar.	Hot water 3 hours.
Legumes: Peas Lima Beans String Beans Lentils	Cull, string, grade, blanch from 2 to 5 min. in boiling water. Pack whole.	Fill jar with boiling water. Add 1 tsp. salt to 1 qt. jar or $\frac{1}{2}$ tsp. salt to 1 pt. jar.	Hot water bath 3 hours.
Roots: Beets Carrots	Cleanse thoroughly. Scald till skins are loose. Dip quickly into cold water. Remove skins. Pack whole or in cubes.	Fill jar with boiling water. Add 1 tsp. salt to 1 qt. jar or $\frac{1}{2}$ tsp. salt to 1 pt. jar.	Hot water bath 90 minutes.

A syrup made of 3 cups of sugar to 2 cups of water and boiled for 4 minutes, or until it reaches the temperature of 104 degrees C. or 219 degrees F. can be used in the canning of all fruits. The sugar should be well dissolved before placing on the fire, and the time counted when it begins to boil thruout.

"Variations may be made to meet the individual tastes and the different kinds of fruits. If a thinner and lighter syrup is desired, do not boil sugar and water more than 2 or 3 minutes. If a thicker, heavier syrup is desired, boil the sugar and water not more than 5 minutes."

JELLIES

GENERAL RULES

Wash fruit, remove stems and imperfections.

Cut large fruit into pieces.

Use no water with watery fruits.

Cook until the juice flows and the fruit may be crushed easily with a spoon, then remove from fire and strain.

Use from three-fourths to equal parts of juice and heated sugar. Boil juice, add sugar, boil again.

Jelly should be removed from the fire when several drops form a sheet on the edge of the spoon.

Skim, turn into sterilized jelly glasses.

PECTIN

The juice of fruits that contain *pectin*, a substance similar to gelatin, can be made into jelly. Pectin dissolves in boiling water and stiffens upon cooling. It is most abundant in the harder parts of fruits, the core and the skin. Apples, quinces, crab-apples, currants and grapes make the best jellies.

Jelly must be covered to protect it from mold. Paraffin is convenient for this purpose.

APPLE JELLY

Wipe apples, remove stem and blossom ends, and cut in quarters. Put in a granite or porcelain-lined preserving kettle and add cold water to same nearly to top of apples. Avoid squeezing apples which makes jelly cloudy. Then allow juice to drip through a jelly bag. Boil twenty minutes and add an equal quantity of heated sugar; boil five minutes, skim and turn in glasses. Cover and keep in a cool, dry place.

CRANBERRY JELLY

2 c. cranberries $\frac{2}{3}$ c. cold water
1 c. sugar

Pick over or wash the cranberries; put into a granite kettle—add the water and cook slowly for 10 minutes. Strain, add sugar and cook until it jellies.

CURRANT JELLY

10 lbs. currants 2 qts. cold water

Pick over and wash currants. Do not remove stems. Add cold water. Cook 30 minutes. Drain through a cheese-cloth bag over night or for several hours.

Measure juice and to every pint, allow 1 lb. of granulated sugar.

Boil the juice rapidly for 10 minutes, add the sugar and boil rapidly for 5 minutes. Pour into jelly glasses.

The drained currants may be boiled again with 1 qt. water. Repeat the process. This makes a delicate jelly.

If a raspberry flavor is desired add 1 qt. red raspberries. Wash the berries and add to the currants just before taking from fire and strain all together.

GRAPE JELLY

Grapes should be picked over, washed, and stems removed before putting into a preserving kettle. Heat to boiling point, wash and boil 30 minutes; then proceed as for other jellies.

Part green and part ripe grapes make the best jelly.

STRAWBERRY JELLY

Excellent jelly can be made by using 3 parts of strained strawberry juice to 1 part of rhubarb juice and $\frac{3}{4}$ c. of sugar to each cup of juice.

Jelly is made from the clear fruit juice and sugar.

Marmalade, butters and jams are the crushed pulp and juice of fruits cooked with sugar until of a thick consistency.

Conserves are mixtures of fruit with nuts and orange peel, prepared much the same as preserves.

Marmalades, conserves and butters are made with from $\frac{1}{4}$ to

equal *weights* of sugar and fruit—not measured as in the case of jellies.

CONSERVES

BLUE PLUM CONSERVE

5 lbs. large Blue Plums	1 pkg. raisins
5 oranges	1 lb. Eng. walnuts
2 lemons	4 lbs. sugar

Stone the plums, and cut them into quarters. Wash the oranges, quarter and take out seeds, then grind them thru a food chopper. Chop the raisins. Mix altogether with the sugar and let stand over night. Cook slowly until the plum skins are soft; then add the nuts chopped and put into jars.

RHUBARB CONSERVE

2 lbs. rhubarb	1 orange
3 c. sugar	1 lemon
½ c. seeded raisins	1 c. walnut meats

Wash rhubarb; cut into 1 inch pieces, sprinkle with sugar; add raisins; cut orange and lemon into thin slices, rejecting the seeds—add these and let stand until juice accumulates. Boil gently until thick, stirring frequently to prevent burning. Add nut meats—cook 2 minutes longer and pour into glasses. Seal when cold.

NOTE:

1½ lbs. plums, or 1 qt. cranberries with a qt. of water may be used in place of the rhubarb.

PEACH JAM

Peel, stone and cut peaches into small pieces. Weigh them and add equal weight of sugar. Mix well and let come slowly to a boil. Boil slowly ten minutes. Pour into sterilized jars, when cool, seal and label.

MARMALADES

ORANGE MARMALADE

2 grapefruit	2 lemons
2 oranges	

Slice lemon and orange very thinly. Dig out the pulp from the grapefruit. If desired the peeling of one grapefruit may be

cut into very fine strips and added. Let the fruit stand over night in twice its quantity of water. In the morning cook until tender then let stand until the following day. Measure the fruit and juice and add an equal measure of sugar. Cook until thick or about 1 hr.

PINEAPPLE-APRICOT MARMALADE

2 pineapples
1 orange

1 lb. dried apricots

Wash apricots thoroughly and cook over night. Put all the fruit through the food chopper; add an equal amount of sugar and if needed some of the water in which the apricots were cooked. Cook slowly about an hour or until it thickens.

STRAWBERRY-RHUBARB MARMALADE

Use equal weights of strawberries and rhubarb, and sugar equal to the weight of the fruit.

Stew the rhubarb until tender then add berries and sugar. Cook until thickened stirring frequently.

Apple juice and orange improve the flavor of this marmalade. To 4 qts. of berries add juice from 1 lb. apples and 1 orange.

RHUBARB-PINEAPPLE MARMALADE

2 lbs. rhubarb

1 lb. pineapple

3 lbs. sugar

Let the cut fruit and sugar stand until sugar is well dissolved. Cook a few minutes then add the juice of 1 lb. apples and of 1 lemon. Boil until it thickens.

RELISHES
CHILI SAUCE

Chop together 1 pk. tomatoes, 3 green peppers and 6 small onions.

Put this into a kettle and add 1 c. sugar, 1 tsp. salt, 2 c. vinegar. Cook over a slow fire until done, seal in bottles or cans.

PEPPER HASH OR RELISH

12 sweet green peppers	15 medium onions
12 sweet red peppers	

Put all through a grinder. Pour over them boiling water and let stand for 5 minutes. Strain through a sieve. Again cover with boiling water, and stand for 10 minutes. Drain and cook 15 minutes, with $1\frac{1}{2}$ pts. vinegar, 2 c. sugar, 3 tbsp. salt. Put away in glasses, or glass cans.

QUICK PICKLES

Wash freshly picked pickles thoroughly, pour over them boiling water, and let them stand until morning.

Wipe them dry and pack them in jars with little onions.

Boil 1 gal. vinegar with 3 tbsp. celery seed, 2 tsp. mustard seed, 1 tsp. powdered alum, 2 c. brown sugar and 1 c. salt. Dilute the vinegar if too strong. Pour this over the pickles and seal.

SPICED PEACHES

2 c. vinegar	1 oz. stick cinnamon
4 c. sugar	$\frac{1}{2}$ pk. peaches
4 cloves for each peach	

Make a syrup of vinegar, sugar and seasonings, tied in a cheese-cloth. Scald, cool and peel peaches; put them into boiling syrup, and cook until soft, arrange in sterilized jars, cover them with the syrup; adjust sterilized rubbers and covers.

FRENCH OR MUSTARD PICKLES

1 qt. green tomatoes	1 c. salt
1 qt. onions (small)	$\frac{1}{2}$ c. flour
1 qt. ripe cucumbers	$\frac{1}{2}$ oz. tumeric
1 qt. cauliflower	3 large green peppers
2 qt. vinegar	$\frac{1}{2}$ c. mustard

Clean the vegetables, chop them coarsely; mix salt with boiling water, pour over the vegetables and let stand until morning. Drain off well. Put tumeric, sugar, flour and mustard with vinegar, and cook until thick. Put into this the vegetables and let all come just to the boiling point, but do not let boil. Put in jars, seal and label.

SLICED GREEN TOMATO PICKLES

2 gal. sliced green tomatoes	2 tbsp. ground mustard
12 onions (sliced)	2 tbsp. salt
2 tbsp. whole cloves	2 tbsp. whole allspice
2 tbsp. black pepper	2 qts. vinegar
1 qt. sugar	

Pack in jars and cover with the vinegar.

PICKLED CHERRIES

Select firm cherries, leave 1 inch of the stem, wash, and fill the cans with the cherries.

For each pint can of cherries use:

1 tbsp. salt	1 bay leaf
2 tbsp. sugar	8 cloves

Cover with half vinegar and half rain water, or freshly boiled water, cooled. Seal.

CHAPTER XXI

THE FEEDING OF YOUNG CHILDREN

Too much stress cannot be laid on the importance of proper food for young children. The health not only of the child but of the adult of the future depends in a large measure on the type of food eaten by the child and the food habits acquired in childhood.

Up to the age of nine months the food of the baby consists almost entirely of milk. All milk must be modified to suit the of the individual child and must be done under the direction of a physician so nothing further will be said here on this subject.

It is absolutely necessary that the bottles, nipples and dishes used in the preparation of milk for the baby be thoroughly and carefully sterilized every day.

After the baby is nine months old it may be given small amounts of other foods, of which cereals are usually the first.

These must be very thoroughly cooked. The method of cooking will be described in the recipes which follow.

After the baby is a year old it should begin to take some of its milk from a cup or spoon and by the time it is two years old should discard the bottle altogether.

It is important to teach children to chew all foods well.

Fruits, vegetables, cereals and simple desserts together with milk form the principal part of a child's diet.

Fruits are best where stewed or baked. Raw fruits especially bananas and apples are not good foods for young children. Orange juice is excellent. Strained tomato juice and prune juice can also be used.

Bread stuffs should be at least twenty-four hours old and are best when toasted or dried. Vegetables must be thoroughly cooked and for very young children should be rubbed through a strainer. All food for children must be seasoned.

Desserts must be simple—well cooked and very slightly sweetened.

Children of early school age should have very simple diets. Fruit, cereal—a cooked rather than a ready prepared one—toast, milk or cocoa and occasionally an egg make a good breakfast.

At noon—a cream soup—potato or rice and another vegetable, a very little plainly cooked and seasoned meat or fish, bread and a simple dessert.

A glass of milk may be given after school, if it doesn't interfere with the appetite for supper, which should be simple and light on the order of the breakfast.

Eating between meals is a bad habit to allow the child to form, especially if sweets are eaten. This spoils the appetite for the simpler, more wholesome foods served at the meal.

In introducing new foods into the child's diet, only one at a time should be given and in small quantity until one sees if the food agrees. Do not allow the child to decide what it will or will not eat.

A child should take at least a pint of milk daily. This includes that used on cereal, in cream soups, custards, etc.

Never give children fish or highly seasoned foods, tea or coffee—hot breads—such as biscuits or muffins, vegetables such as cucumber, cabbage and cauliflower, any food that is not perfectly fresh or ripe.

Young children should be fed small quantities of food at stated intervals. For a diet schedule consult your physician.

PREPARATION OF FOOD FOR BABY

CEREALS	Boil 20 minutes over a flame, stirring constantly, then cook 2 hours in a double boiler.
SCRAPPED BEEF	Broil a thick piece of round steak until both sides are browned. Stand on edge and with a sharp knife split open like a book. With a dull knife or the edge of a spoon scrape the pulp from the freshly cut surface.
VEGETABLE MASH	Boil spinach, carrots, young turnips, string beans, any one or altogether until soft enough to be rubbed through a sieve. The part that is rubbed through is "Vegetable Mash."

-
- DRIED BREAD If stale bread is not on hand—cut bread into rather thick slices, put into a slow oven and bake 20 to 30 minutes or until thoroughly dried.
- TOAST Toast must be made very crisp and dry—all the way through.
- FRUIT Prunes, apricots, etc., must be stewed—pits removed if necessary and then pulp pressed through a strainer.
- BEEF JUICE Salt and slightly broil small pieces of thick lean round steak and while hot express the juice with a meat press or ricer. The juice may be given hot or cold. To heat—add a little *warm* water to the juice or put the glass containing the juice in a pan of warm water. Do not boil it.
- JUNKET See under milk Page 13.
- SOFT COOKED
- POACHED EGGS See under milk Page 22.
- COCOA See under milk Page 11.
- CREAM SOUPS See under milk Page 26.

CHAPTER XXII

SEMI-INVALID DIET

Often when there is sickness in the family the patient must be removed to a hospital, but if the patient remains at home—one of the things that hastens or retards his recovery is often "food." In many instances the doctor prescribes the diet, and care must be taken to follow his directions exactly.

The diet of a sick person differs greatly from that of one who is well and often they must be coaxed to eat, especially when they are already convalescent.

Too much stress cannot be laid on the necessity for serving the patient's meals daintily. The tray cover must be spotless—the china—silver and glass clean and shining. There should not be too much food on the tray at a time and the servings must be small and dainty. Everything must be well cooked. A flower or two on the tray or in a vase or glass add to the attractiveness. Be careful not to spill anything when carrying the tray and make it a point to have hot foods truly hot and cold ones—cold. Never ask sick people what they would like to eat for they seldom know or care and a surprise often stimulates their appetite.

Invalid diets are classed as follows:

1. Liquid—including broths, beef extract, milk, egg-nog, cocoa, etc.
2. Soft—including soft cooked eggs—milk toast—soft custard—junket—jellies, etc.
3. Soft-solid—including creamed toast—eggs—oysters—tender chicken—sweetbreads, etc.
4. Special diet—ordered especially by the physician.

SEMI-INVALID COOKING.

BEEF BROTH

1 lb. lean beef

1 pt. cold water

Chop the beef fine and soak it in cold water 1 hr. or longer.

Put it in a saucepan, surrounded by lukewarm water and cook until it has become a reddish brown—stir constantly. Remove from the fire, pour through a coarse strainer and season.

- | | |
|--------------------------------------|-----------------|
| 1. Milk toast | 5. Custards |
| 2. Soft cooked egg | 6. Gelatine |
| 3. Broiled egg | 7. Cooked fruit |
| 4. Cream soups | 8. Junket |
| 9. Beef Tea—all beef juice recipe | |
| See general index for these recipes. | |

A GRUEL IS A THIN CEREAL SOUP

Gruels must be thoroughly cooked, strained, seasoned and served very hot.

They may be made more nutritious by the addition of a beaten egg, or the beaten white alone may be stirred into the gruel before serving.

FLOUR GRUEL

- | | |
|-------------------------|------------------------------------|
| 1 tbsp. wheat or barley | $\frac{1}{8}$ tsp. salt |
| flour | $\frac{1}{2}$ c. hot milk or cream |
| $\frac{1}{2}$ c. water | |

Mix flour and salt to a smooth thin paste with 2 tbsp. of the cold water, and pour gradually into the remaining water which has been heated to the boiling point. Cook directly over the fire 10 minutes, stirring constantly then in a double boiler 45 minutes. Add milk or cream and serve.

CRACKER GRUEL

- | | |
|--------------------------------|---------------------------|
| 3 tbsp. powdered crackers | $\frac{1}{4}$ tsp. salt |
| $\frac{1}{2}$ c. boiling water | $\frac{1}{2}$ c. hot milk |

Add crackers to the milk and water, cook 10 minutes, add salt. Strain and serve. The flavor is improved if the crackers are browned before rolling.

EGG-NOG

- | | |
|----------------------------|------------------------|
| 1 egg | spk. salt |
| 1 tsp. sugar | A grating of nutmeg if |
| $\frac{2}{3}$ c. milk | desired |
| $\frac{1}{2}$ tsp. vanilla | |

Beat the egg until it is light; add the sugar and salt, then add the milk gradually, stir in the vanilla, mix well—strain into a glass and grate the nutmeg on the top. Serve at once.

CHAPTER XXIII

TABLE SETTING AND SERVING

Good service is not a fad, and back of every correct arrangement there is a reason which will be apparent to the guest from the ease with which the meal is served.

Much of the comfort and cheerfulness of the family depends upon the dining-room and its appointments. The dining-room should be in perfect order, well-ventilated, comfortably warm in the winter and cool in the summer.

Every good house-keeper takes pride in her table.

Flowers in a low basket or vase, a low plant, or a centerpiece of fruit lends to the attractiveness as well as the cheerfulness of the meal.

THE TABLE

Cover the table with a silence cloth. The silence cloth protects the table and improves the appearance of the linen. Spread the cloth smoothly and evenly, having the center of the cloth in the center of the table. Handle the cloth carefully to avoid wrinkles.

LAYING THE TABLE

Allow 20-30 inches between each cover or place.

Place a service plate in the center of each cover from $\frac{3}{4}$ to 1 inch from the edge of the table. Keep this line for all the rest of the service.

At the right of the plate place the knife with the cutting edge toward the plate.

• Place the spoons (bowls up) at the right, in order of use, the first used farthest from the plate.

At the left of the plate place the forks (tines up) in order of use, the first to be used being placed the farthest from the plate.

At the left of the forks lay the napkin, with one open edge parallel to the edge of the table, and the other open edge parallel with the forks.

Place the water glass near the tip of the knife, a little to the right.

Place the bread and butter plate at the left side above the forks.

Place the butter spreads across the butter plate with handles toward the right.

Place salts and peppers so they will balance, and be convenient for use.

When the host is to carve, place the carving knife and spoon at right of his cover, and the fork at the left.

Arrange the tea or coffee service neatly and conveniently in front of the hostess.

Spaces for other dishes must be arranged so they will balance.

Place extra silver on the buffet.

When the dessert silver is placed just preceding the dessert course place the silver at the right.

When the salad is a part of the meat course, a salad fork is unnecessary.

Arrange chairs at sufficient distance from the table so they need not be moved, when people are seated. The front edge of the chair just touching the table cloth.

GENERAL DIRECTIONS FOR SERVING

Never announce a meal until everything which is needed or may be needed is in readiness.

To announce a meal, the waitress steps to the door of the living-room and quietly speaks to the hostess saying: "Dinner is served."

Fill the glasses two-thirds full of water, and set the butter plates in place just before announcing the meal.

Heat all dishes for food that is to be served hot, and chill dishes for food to be served cold.

A dish which is to be placed before a guest is set down from the right-hand side.

If a person is to help himself from a dish, it is passed from left-hand side.

Place the serving dish on a folded napkin on the palm of the hand, or on a small tray, holding it low enough to be easily reached.

Remove the dishes from the right-hand side.

In removing a course the larger dishes are taken first, then

the soiled dishes of each cover, then the unused silver or dishes of that course. Never pile the soiled dishes upon each other on the table.

Refill the glasses before bringing on the next course. Care should be taken in refilling glasses never to touch the upper rim of the glass; also hold the plates and serving dishes so that the thumb will not rest on the top surface.

Use a napkin and plate to remove the crumbs from the table.

TABLE MANNERS

1. Personal neatness and appearance is most essential to good table manners. Always appear at the table with clean hands and face, neatly brushed hair, and a neat, clean dress.

2. Stand at the back of the chair until the hostess gives the signal to be seated.

3. One is always seated from the left.

4. The napkin is half unfolded and laid across the lap. If it is to be used again, fold it in the original creases and place it on the table. If it is not to be used again, place it loosely besides the plate.

5. Sit erect at the table. Do not place the arms or elbows on the table, nor play with the silver.

6. When using the knife and fork at the same time, hold the knife in the right hand and the fork in the left hand. The knife and fork are held so that the end of the handle, touches the palm of the hand and the point of the index finger is on the top of the handle.

7. When not in use they should be laid across the right side of the plate.

8. A spoon should never be left in a cup or glass, but should be placed on the saucer.

9. Take the soup from the side of the spoon, and lift the spoon away from you when filling it.

10. Use the fork for cutting salad.

11. Do not reach across the table, but ask politely for dishes to be passed.

12. Eat slowly, take small bits, and keep the lips closed while eating.

13. Always break bread into small pieces, spread each piece separately, just before eating it.

14. Do not cut all of the food on the plate into small pieces. Cut off each bite when ready to eat it.

15. Ask to be excused if it is necessary to leave the table before the others.

16. Never use a tooth-pick at the table nor in public.

17. Do not talk about disagreeable things at the table. Always do your part toward making the conversation cheerful and happy.

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